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Grocery grab!

RECORD PHOTO BY BRETT MITCHELL

Marlene Kraemer won big at Harry's Fine Foods when she won a contest that saw her take home \$1000 of groceries and choose some great community organizations to donate to. Learn more about this contest and the donations to local organizations inside.

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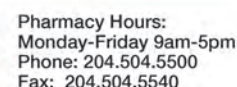
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Harry's Fine Foods customer wins grocery grab and opportunity to help community

Winner Marlene Kraemer chose to support Mapleton School Parent Advisory Council and Play and Learn Nursery School

By Katelyn Boulanger

Last month, St. Andrews grocery store, Harry's Fine Foods, was able to make Marlene Kraemer's holiday season one to remember. As the winner of the Fine Foods Community Strong Draw, she took home a \$1000

grocery grab and was able to choose two local groups that are close to her heart to receive generous donations, the Mapleton School Parent Advisory Council and the Play and Learn Nursery School.

The contest was sponsored by Fine

Foods, Kraft, Old Dutch, Nestle, Maple Leaf, and Saputo. Harry's Fine Foods shoppers as well as shoppers from 33 other participating grocery stores entered by shopping at their local stores. The draw date took place in November and right before the holiday season kicked off, Kraemer was able to grab her groceries.

Mary Baranyk, one of the owners of Harry's Fine Foods, said it was quite exciting as it was the first time that a customer of the grocery store had won since they took over as owners.

"It was very exciting to us," she said. Kraemer agreed, saying that it was wonderful to win right before Christmas.

With her grocery grab, Kraemer stocked up on all the holiday essentials. She filled her cupboards and was able to also give to family, sharing the fun.

"Lots of meat and coffee, the ham and the turkey and some other meats, like ground beef," she said.

She also shared that she purchased a cookie making kit that her grandchildren enjoyed.

Baranyk explained that it wasn't

just exciting for them to find out that Kraemer had won, but also to find out which organizations Kraemer chose to support in the area.

"Our customers have the chance to enter to win a shopping spree, right? And a chance for them to give back to the community. So just being a (part of) that, it was just nice to know that we're helping the community," she said.

Kraemer chose to give \$1500 to the Mapleton School Parent Advisory Council and \$500 the Play and Learn Nursery School as part of the donation portion of the win, as she had connections to these organizations personally and through her grandkids.

"I had been an educator in the Lord Selkirk School Division, so was my husband. So, we said, 'Well, we'd like to keep it within the schools.' And, my granddaughter happens to be going to Mapleton, and PAC(the parent advisory council) was doing a big fundraiser for a playground. So, I knew that they needed money. They

Continued on page 4



RECORD PHOTO BY BRETT MITCHELL

Congratulations to Marlene Kraemer for winning big in the Fine Foods Community Strong Draw.

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FROM PG. 5

were fundraising, that's why (we decided to do) that for Mapleton. And then, my other granddaughter is in Play and Learn Nursery School, and I used to be on the board there a long time ago, and my kids went there," said Kraemer.

Baranyk was happy that Harry's Fine Foods could be part of these generous donations.

"It's exciting to be able to help community organizations in our area, right? That's what we're all about. We're all about helping each other out. And this community is so great at supporting one another. It was just awesome," said Baranyk.

Kraemer wants to thank the employees at Harry's Fine Foods.

"They were wonderful. They were so helpful. We've been going there for years, and Shawn and Mary were very helpful, and we ran around the store getting stuff, and they're always very nice there," she said.

Kraemer also has some advice for residents in our region, "Shop local. It worked for me!"

Baranyk wants to thank everyone who chooses to shop at Harry's Fine Foods. By shopping at Harry's Fine Foods, customers are supporting a



RECORD PHOTO BY BRETT MITCHELL

Kraemer surrounded by Harry's Fine Food employees who helped her with her haul.

local, family-run, full-service grocery store that has many Canadian products on their shelves.

"I just want to thank everyone for

shopping local and supporting Harry's Fine Foods. It really means a lot to us," said Baranyk.

Baranyk would also like to thank the

vendors Fine Foods, Kraft, Old Dutch, Nestle, Maple Leaf, and Saputo, who made this draw possible.

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Milt Stegall presenting Josh Isfjord his 2025 Manitoba Motor Dealers Association top sales in Manitoba award!

It's not too late to start pursuing your fitness goals this year

Tom Pachal from Iron Image talks maintaining motivation and pursuing good fitness goals

By Katelyn Boulanger

Iron Image Barbell Club is a gym in Selkirk owned by locals Tom Pachal and Matt Evans. At the beginning of any year, they see a renewed interest

in people making fitness goals and people focusing on health related priorities. The *Selkirk Record* caught up with Pachal to talk about making those goals stick, how there is still

time to make new goals, and maintaining motivation.

"A lot of people make a lot of New Year's goals and such, but it definitely can be a challenge to continue adhering to and especially, one of the

biggest challenges right off the hop when someone makes a goal is just the framework of what the goal is," he explained.

Continued on page 6



RECORD FILE PHOTO BY KATELYN BOULANGER

It's never too late to make a fitness goal and Tom Pachal from Iron Image has some great tips to make them stick. Pictured: Iron Image had a mobile spin class at last year's Selkirk Biz parade.

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> PURSUING FITNESS GOALS, FROM PG. 5

Some issues with goals can be that they are too vague to know if you're headed in the right direction. Goals like –I want to lose weight, I want to exercise more, I want to be healthy—are great as umbrella goals, but Pachal invites people to get a bit deeper.

“A good way of building a goal is doing SMART goals. The SMART acronym is Specific, Measurable, Attainable, Relevant and Time. So, it's breaking down how the goal would be. So, instead of saying, maybe I would like to lose weight. It would be, I would like to lose five pounds by February 28,” he said.

If you want to make or need to tweak your 2026 goals, there's still time to do that as it's only January. If you have made some great goals but are feeling like the motivation is waning, Pachal also has some tips for maintaining that momentum.

“Maybe you were still off from that last week of holidays, so it's easy. You have all that time to really commit to these things, but then life starts to

reinroduce itself, and you're back at work or school, and you're busy, that motivation can definitely falter,” he said.

He says that getting accountability is something that's very impactful.

“(Accountability helps) whether it's through another individual going through the same process, or if you can partner up with somebody on a shared activity or task, or just even having just a trusted person that you know can check in with you and somebody that's going to ask you and follow up,” he said.

Pachal explained that by taking greater goals and breaking them down into steps, it can also make it easier to stick to the plan.

“Do things in small chunks, it's very easy to look at everything on a gross scale and say ‘I want to change all these different aspects of life,’. But interchanging all these variables at once can be quite a challenge. It's very daunting, and there's a lot to consider and think about, and it can

be physically and mentally draining to try and juggle all these things, so focusing on maybe one avenue at a time, and making sure that is something successful (is im-

portant),” he said.

His final big tip is to have an honest conversation with yourself, and maybe even use a one-to-ten scale, asking yourself how confident you are that you can achieve your goal and then do the same with a one-to-ten scale of how motivated you are to achieve your goal. If you're not on the higher end of both of those scales, then it might be a good idea to modify the goal in a way that puts you on the same path but makes you feel like you are more motivated and confident of your chances of success.

Iron Image itself does have some programs that help to support people's goals.

“That's the beautiful thing about being active and exercising is, there are countless ways you can do it, and it's not a one-size-fits-all. Within our walls, we try to accommodate that. We have all different kinds of aerobic machines, so doing cardio exercises and resistance exercises, or it can be working with free weights or more moving around on the turf with a sled and doing that. (We have) group classes, spin classes, yoga, boxing, and we try to cater within our walls to everything. But we step outside of that, and we also offer just coaching services and consultation on that front if maybe the gym isn't the right place for you, that's totally okay. You can still live an active and healthy lifestyle without ever stepping foot in a gym,” he said.

He hopes that people find the activi-

ty that they most enjoy because if they absolutely dread the idea of activity, it's really hard to stay motivated to continue.

As for Iron Image, this is a busy and exciting time of the year in the gym.

“I find it quite motivating. You feel good because you see new people coming in here, and you want to have that welcoming atmosphere so that they feel good. And then, your long standing members and other gym goers, they see new people and then it's just about having that community where you can welcome in the others and help introduce people to this because it can be quite intimidating to step into a weight room for the first time. But most people, once they've been in here, done it a couple of times, and said hello to a few people, it's like, ‘Oh, I feel great here. I feel welcome.’ There's always somebody that's willing to lend me a helping hand or answer a question,” said Pachal.

He encourages residents to get started on their New Year's goals, even if we're a few weeks in, because now is a great time.

“There's no better time to start than now. There's always a reason to set something aside, and say ‘I'll get to it later,’ but every little bit counts. Just starting with something, as small as it may seem, it makes huge differences on your life. And, living a healthy, active lifestyle is just going to pay off dividends in the long run,” said Pachal.

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Selkirk RCMP respond to fatal pedestrian collision

Submitted by Manitoba RCMP

On Jan. 15, just before 4 p.m., Selkirk RCMP responded to a report of a vehicle hitting a pedestrian.

The collision occurred in Selkirk, near the intersection of Main Street and Selkirk Avenue. Initial investigation has revealed that a pedestrian was crossing Main Street, where there were no traffic signals, when he was hit by a south-

bound vehicle.

The pedestrian – an 80-year-old male – was transported to Selkirk Regional Health Centre, where he was pronounced dead a short time later.

The female driver of the vehicle, who had called 911, remained at the scene and spoke to officers.

Selkirk RCMP continue to investigate.



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The Lions Club is hoping for support for their bingo night so they can continue to support our community

You can help fight hunger in Selkirk and play bingo at the same time at the Selkirk Lions Club's Thursday Evening Bingo

By Katelyn Boulanger

The Selkirk and District Lions Club is a service club based in Selkirk that puts in some hard work to make our community a better place to live. They want to let residents know about what they are up to and how you can support their work in our community.

"We're doing a bingo, and what we're doing with the bingo is we are putting the proceeds of our bingo towards the free meals that we give away to the community," said Lions Club Board Member and Bingo Chairperson Renee Danchuk.

The Selkirk Lions Club's Thursday Evening Bingo takes place at the Selkirk Friendship Centre (425 Eveline Street) on Thursdays. Doors open at 5 p.m., and that's when cards start being sold. The early bird starts at 6:45 p.m.

Danchuk explained that the bingo fun ends at about 9:50 p.m. and that they also host a 50/50 with proceeds also going to their meal program.

The Lions Club meal program runs at lunch time one Saturday a month and provides a meal to anyone in the community who shows up.

"If you were down and out one day and needed a meal, there's no questions asked. You just come and get a lunch. You don't have to show us ID, and there's no criteria. You just show up, you get a meal," said Danchuk.

She also wanted to emphasize that it's a come as you are operation. There is no prior registration required. Just stop by and knock on the door.

She said, "We have a commercial kitchen in our building at 320 Christie Ave. We purchase all of the supplies for (lunch). So, if we're making chili, we purchase everything to make the chili. Nothing is donated to us. We prefer that the donations in town go to the Soup Kitchen because they operate five days a week. Right now, we're doing it one Saturday a month and hoping to increase to two Saturdays a month."

If this is something that you might be interested in, the best way to figure out which Saturday they are hosting meals is to check on their Facebook page (<https://www.facebook.com/selkirkclub/>), head to the Our Daily Bread Soup Kitchen when they are open over lunch time Monday to Friday and check out the poster which is updated regularly, or give the Lions a call at 204-482-3919 or email sel-

kirkclub@gmail.com.

If you're someone who would like to support this effort in our community, you can always have some fun at Thursday night Bingo, but there are also a couple of other ways that people can help.

If you keep an eye on their Facebook page ahead of the holiday season the Lions Club does a holiday cake sale, but, this time of year, the event you'll want to mark on your calendar is the Selkirk Lions Club Spring Market and Craft Sale which takes place on April 11 from 10 a.m. until 3 p.m. and not only supports the meals program but gives local vendors a chance to connect with the local people that really appreciate what they have to offer. Vendors can email selkirkclubmkt@gmail.com for an application.

The Selkirk Lions are all very passionate about their fundraising because they are passionate about helping feed our community.

"There are a lot of people struggling to make ends meet these days. You know, from not having a job, to feeding a family of one or two or ten. It's a struggle out there for people today," explained Danchuk.

It's a credit to the volunteers who put their hours of work into these projects that make this program possible, and they are always looking for more people, regardless of whether you want to become an official member or just want to help out and volunteer your time without sign up officially.

"(We welcome) anybody of any age. There's no criteria," she said.

As for Danchuk herself, she comes all the way from Winnipeg to volunteer, so you know there's something special about being a part of this group.

"I used to live out there, so I know a lot of the people. And, my favourite part is helping everybody, and the camaraderie and the friendships that we make," she said.

If you would like to volunteer, you can email selkirkclub@gmail.com or give them a call at 204-482-3919 to learn more.

Danchuk hopes that she can welcome some newcomers to Thursday Night Bingo and find some new friends who'd like to volunteer.

"Come and support the bingo because the Lions Club supports the community," she said.



RECORD PHOTO SUBMITTED

Lions volunteers George Neufeld and Colin Way making deliveries in the community.



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Call Katelyn Boulanger

Selkirk RCMP search for missing 37-year-old man

By E. Antonio

Selkirk RCMP are asking for the public's help in locating a missing 37-year-old man.

Blair Colles was reported missing from his Manitoba Avenue address in Selkirk at 2:45 p.m. on Dec. 24, 2025. He is described as five-foot-11, about 180 pounds, with brown hair and hazel eyes.

Colles was last seen on Dec. 26 at an Airbnb in the Bridgewater area of south Winnipeg. At the time, he was wearing a black thigh-length jacket with a fur-trimmed hood, a black baseball cap, a grey Adidas hoodie, jeans, and black-and-white running shoes.

According to his family, Colles has not contacted anyone since that date — behaviour his mother, Shelly Wright, says is highly unusual.

"Blair is a very kind and giving man who is always sharing anything he has," Wright said. "We just need to know he's safe. His family and his kids need that."

Wright said that even if Colles wishes to remain out of contact, she hopes he will reach out in some way to confirm he is safe.

RCMP and family members say they are increasingly concerned for Colles' well-being, as there have been no confirmed leads or contact since Dec. 26. Wright said Colles would normally check in multiple times a day, and his disappearance has left his family — including his stepfather, sister and two children — deeply worried.

"It just doesn't make sense," she said. "We're hearing so many mixed stories. We just want to know he's safe."

Wright said she is grateful for the support from family, friends and community members who have helped distribute missing-person posters throughout Selkirk and Winnipeg.



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PHOTO SUBMITTED

Blair Colles, 37, has been missing from his Manitoba Avenue address in Selkirk since Dec. 24, 2025. He was last seen in the Bridgewater area of south Winnipeg.

Community groups including Winnipeg Bear Clan and Morgan's Warriors have been notified, and searches have previously been conducted. The Winnipeg Police Service missing persons unit is also involved, and a Canada-wide missing persons alert has been issued.

"The support has been overwhelming," Wright said. "With all the calls and texts, I don't have time to fall apart. I just have to keep going until I find him."

Anyone with information about Colles' whereabouts is asked to contact the Selkirk RCMP non-emergency line at 204-482-1222 and reference missing person file number C250311570. Tips can also be submitted anonymously through Crime Stoppers at 1-800-222-8477 or online at manitobacrimestoppers.com, or by contacting the Winnipeg Police Service missing persons unit at 204-986-6222.

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People First of Interlake to host first meeting in Teulon on Jan. 28

By E. Antonio

People First of Manitoba is a self-advocacy group for individuals with intellectual disabilities, and Selkirk resident Jessica Croy is thrilled to launch the inaugural People First of Manitoba-Interlake Chapter.

Croy will lead monthly meetings hosted in Teulon, Stonewall, Selkirk and Gimli. Inspired after Selkirk's People First of Manitoba chapter disbanded during the COVID-19 pandemic, she and other members share one goal: to be the best advocates they can be for themselves and other people with intellectual disabilities.

The first meeting will take place Wednesday, Jan. 28, at the Teulon Rockwood Community Centre at 6 p.m. Future meetings will be held on the third Wednesday of every month, rotating among the four communities. Exact locations will be posted to the People First of Manitoba Facebook page closer to each session, or interested participants can contact the Interlake chapter's advisor, Shannon, at 204-482-5435 for more information.

People First of Canada was founded in 1973 by a group of individuals seeking to leave institutions and advocate for their own rights. Provincial chapters have since emerged across the country, promoting inclusivity and accessibility.

"We do this so the ministers and the public know we have voices," said Croy. "We want to help people learn how to be self-advocates and make sure they know their rights."

Croy explained that since the pandemic, Interlake residents interested in getting involved with People First of Manitoba often had to travel to Winnipeg — something that is not always easy. She has been involved with the organization since 2013 and said it has been a life-changing experience. Now, as leader of the Interlake chapter and treasurer for People First of Manitoba, she hopes to use her voice to inspire others.

"I like to do things that help teach people about their rights," she said. "It's rewarding watching other people learn to stand up for themselves."

Membership is open to all individuals with intellectual disabilities, and Croy's goal is to see meetings grow with strong participation.

"We are led by and here for all people with intellectual disabilities," she added. Meetings are expected to last one hour and will focus on advocacy in a variety of ways, particularly exploring how to create a more accessible and inclusive community. Snacks and beverages will be provided, and participants need only bring them-

PEOPLE FIRST OF INTERLAKE INVITATION
This meeting is for people who have an interest in helping to build the
People First of Interlake chapter
Date: January 28th 2026
Time: 6:00pm
Location: Teulon
Advisor: Shannon



Snacks and
beverages will be
provided



PHOTO SUBMITTED

People First of Interlake is a new chapter for People First of Manitoba. Participants are invited to attend monthly meetings, advocating for accessibility and inclusion for people with intellectual disabilities.

selves.

"The more voices we have, the more voices will be heard," said Croy. "Don't be shy — come out and give it a try."

Those seeking more information can contact the Interlake chapter advisor, Shannon, at 204-482-5435.



PHOTO SUBMITTED

Jessica Croy, leader of People First of Interlake and People First of Manitoba treasurer, speaks at a People First of Manitoba event.

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Canada

Manitoba

God's Paddlers revisits St. John's schools, 50 years later

By Lana Meier

A new book examining the controversial history of St. John's Cathedral Boys School — once located just north of Selkirk — is drawing renewed attention to one of Manitoba's most debated educational legacies.

God's Paddlers, written by veteran journalist Stephen Riley, traces the rise and fall of a network of Anglican-affiliated boarding schools that operated in Manitoba, Alberta and Ontario from 1958 to 2009.

Riley, a Manitoba native and graduate of the Selkirk school, spent decades researching the institutions, which were founded with the goal of radically reforming Canadian education through discipline, self-sufficiency and outdoor endurance.

"My hope was to provide a fair and accurate account and a sense of justice for those boys who survived the brutality and abuse of the St. John's schools, as well as for the 13 young people who died in the 1978 Lake Temiskaming disaster," Riley said.

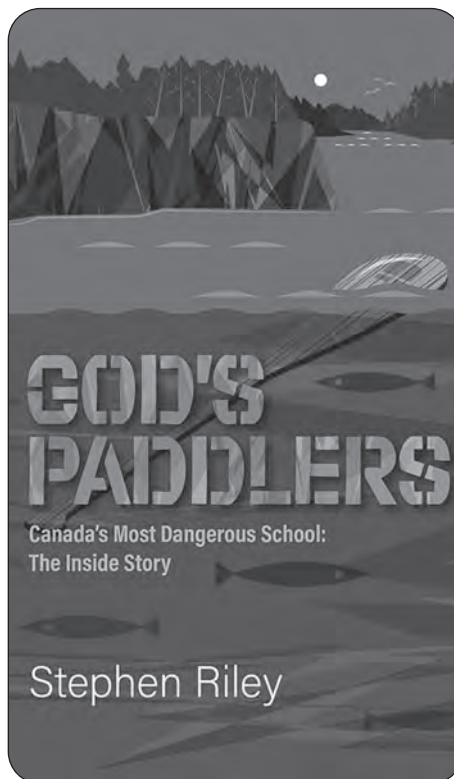
The original school, St. John's Cathedral Boys School, operated near Selkirk for more than 30 years before closing in 1990. Over the schools' 50-year existence, more than 5,000 boys participated in demanding outdoor programs that included long-distance snowshoe treks and canoe expeditions through remote parts of Canada.

While proponents viewed the program as character-building, *God's Paddlers* documents a darker legacy that includes corporal punishment, student-on-student violence, allegations of sexual abuse and fatal accidents — most notably the 1978 Lake Temiskaming canoe tragedy that claimed 13 lives.

Riley first became involved with the story in the late 1980s while producing a CBC Manitoba current-affairs documentary that focused on the Selkirk school. Interviews conducted at the time, combined with later revelations and school closures, convinced him a broader accounting of all three schools was needed.

Drawing on dozens of original interviews and extensive internal records — including minutes, correspondence and reports not previously made public — Riley said the research revealed serious internal doubts within school leadership that were never shared with staff, parents or the public.

"Unobserved by their employees or the public, the leadership at various meetings were alarmingly blunt, wondering if certain policies, programs or



God's Paddlers, written by journalist Stephen Riley, examines the history and legacy of St. John's Cathedral Boys School and its affiliated institutions across Canada. The book was published in October 2025 and is available worldwide through Amazon.

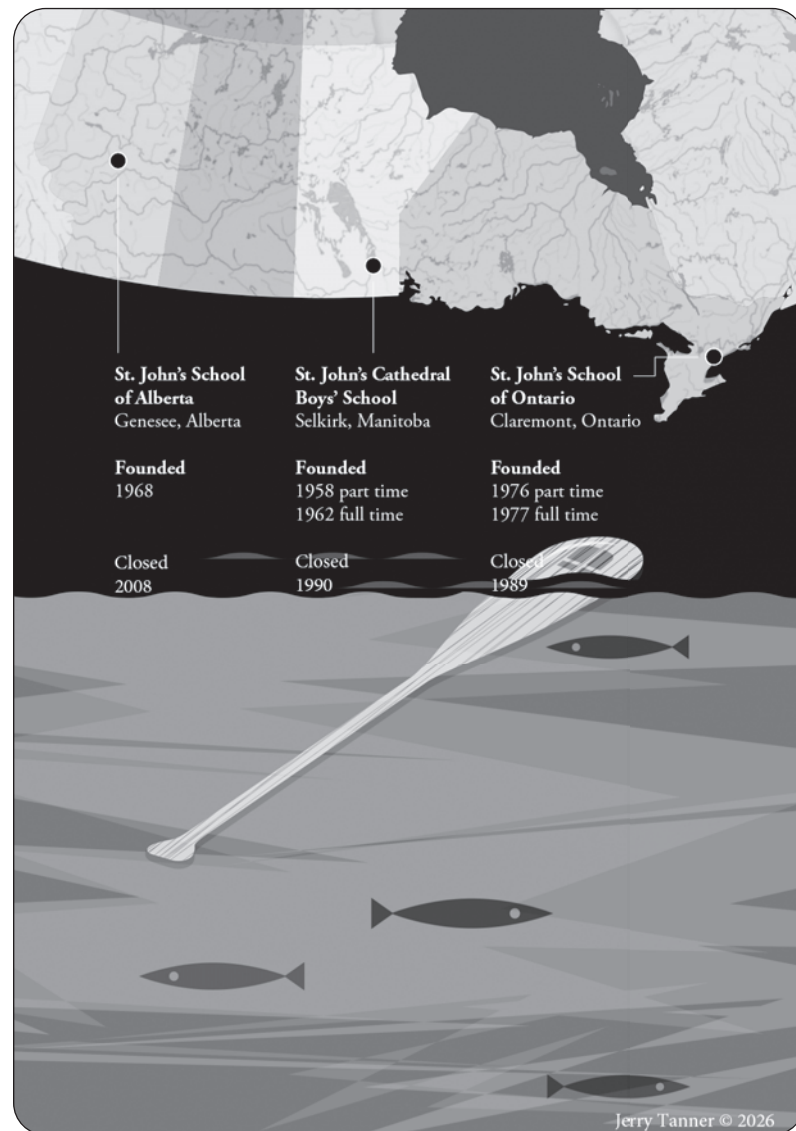
even the whole enterprise was worth it," he said.

Riley said he was struck by the willingness of former students, staff and supporters to speak candidly, even when recalling harmful or painful experiences.

"It was clearly quite difficult and emotional for them at times," he said. "It was a privilege to know them, and I remain humbled by their consent."

Two central figures — Frank Wiens and Ted Byfield — are examined for their lasting influence on education, journalism and conservative political thought in Western Canada.

"What's disturbing," Riley



RECORD PHOTOS SUBMITTED

A map showing the location of St. John's Cathedral Boys School, which operated just north of Selkirk from 1958 until its closure in 1990.

said, "is that after all these years, the arrogance and teachers' tragic mistakes, many people feel the founders and their supporters were right."

The book also revisits long-standing legal and social questions surrounding the schools, including abuse cases that have continued to surface decades after the institutions closed.

Riley brings more than four decades of journalism experience to the project, having worked at the *Winnipeg Free Press*, *Winnipeg Tribune* and CBC Winnipeg, where he produced current-affairs programming for more than 20 years. He now lives in Northern Ireland.

God's Paddlers was published in October 2025 by Ennui Press and is available worldwide through Amazon.

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Corine Oxe shares stories about her time as a flight nurse in her new book

You've Been Dispatched: A Flight Nurse's Memoir - Stories from the Front Lines

By Katelyn Boulanger

When an emergency takes place, we are lucky in Manitoba to have highly capable first responders at the ready to keep us safe and get us where we need to go. Sometimes, in the most dire of situations, people need to get to a hospital very quickly, and the first responders who are part of air ambulance teams are a crucial part of saving their lives. A former resident of St. Andrews as well as former flight nurse, Corine Oxe, recently wrote a book sharing the stories of her time working with our air ambulance service in Manitoba. *You've Been Dispatched* tells stories from Oxe's first time in a helicopter to the time she participated in what they call a hover exit, and much more.

"The book is a collection of stories, of things that I have experienced, and that I've done when I worked as a flight nurse for STARS in Manitoba

mainly, and that was seven years of my career," said Oxe.

She explained that though she no longer works as a flight nurse, when people find out about that part of her career, they have a lot of questions about things like what kind of calls require an air ambulance, what exactly flight nurses do, or how do you do that job in the cold, so, she decided to share some stories of her experiences over the years.

As a disclaimer, Oxe has anonymized the stories to protect the privacy of her air ambulance coworkers as well as the patients involved.

"Everything has been anonymized. So sometimes I've changed ages. I've changed gender. I never mentioned a specific location because these things can be pretty specific, not necessarily high profile, but recognizable," she explained.

Continued on page 12



RECORD PHOTO SUBMITTED

Corine Oxe is the author of *You've Been Dispatched*.

Grand opening!



RECORD PHOTO BY LAURA PLATT

Prairie Roots Herbals celebrated a successful grand opening on Jan. 17, at their store front at 365A Eveline St. in Selkirk. Owners Carmen and Nick Germain were overwhelmed by the warm support shown by visitors who came from nearby and surrounding communities to offer congratulations and welcome them to the community. Guests enjoyed a cozy atmosphere while browsing a beautiful selection of chemical-free, eco-friendly, small-batch products available for purchase. Special gift bags were handed out as a thank-you to those who attended. Conversations took place about the personalized wellness plans Prairie Roots Herbals offers through live blood analysis and herbal assessments. Carmen, an experienced herbalist, looks forward to partnering with clients on a holistic approach to their overall wellbeing. You can learn more about them at prairierootsherbals.net. Pictured left to right: Prairie Roots Herbals owners Carmen and Nick Germain, Sophie Germain, and Shannon Kushner.



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**EFFICIENCY
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Community Safety Officer taking pressure off other services for non-emergencies

New officer role aids By-Law Enforcement and RCMP

By Staff

Selkirk residents may have noticed a new vehicle patrolling the streets this year. Since May 2025, the City of Selkirk has been supported by its first Community Safety Officer (CSO), a Peace Officer who has been actively working across the community alongside the By-Law Enforcement team and the RCMP. The CSO provides outreach, conducts proactive patrols, delivers public education, and enforces select provincial legislation such as the Highway Traffic Act and the Offroad Vehicles Act.

Unlike the RCMP, CSOs do not respond to emergency calls when you call 911. Instead, their focus is on promoting community safety by deterring crime, addressing un-

safe behaviour, and creating stakeholder relationships through a combination of education, prevention, and enforcement.

Kristy Hill, Director of Protective Services for the City of Selkirk says that the Community Safety Officer is here to work alongside the RCMP and other agencies to help create a safer environment for everyone.

"It's about being proactive—preventing issues before they escalate and engaging with the community in meaningful ways."

In Selkirk, the officer conducts vehicle and walking patrols, participates in crime prevention initiatives, and attends community events. The CSO is also able to enforce municipal by-laws.

Rather than relying solely on RCMP officers who need to prioritize emergency calls, the CSO can focus on proactive patrols in areas identified by citizens through the CitizenSupport system or using data from the RCMP flagging areas of concern.

Citizens are legally required to comply with a CSO's signals, just as they would with an RCMP officer, including pulling over when indicated by lights and sirens, failing to do so may result in drivers receiving additional tickets under the

Highway Traffic Act.

"Having a Community Safety Officer means more eyes and ears in our neighbourhoods. It means we have a deployable resource to help us nimbly respond to priority areas and emerging trends. And it provides an additional resource to support the RCMP when needed," said Selkirk CAO Duane Nicol.

Selkirk RCMP detachment lead inspector Chris Lambert said the detachment is on board with what they consider a supplemental resource for their staff.

Selkirk joins the City of Thompson, Portage la Prairie, the Rural Municipalities of Hanover, Rockwood and East St. Paul, and the Town of Sainte Anne in now having its own CSO.

Residents can expect to see the CSO engaging with the community regularly, enforcing provincial legislation and municipal by-laws, and assisting other emergency services when needed.

"It's about connecting with people, educating them on safe practices, and building relationships that make our city stronger and safer," said said Hill.

For more information on the Community Safety Officer's role, visit [MySelkirk.ca/CSO](https://www.myselkirk.ca/CSO).



RECORD PHOTO SUBMITTED

There's a new Community Safety Officer in town and they have been working towards making a safer city for residents.

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For more information about the seasonal camping program, please call 204-945-3934; toll free 1-800-214-6497; or email seasoncamp@gov.mb.ca



> YOU'VE BEEN DISPATCHED, FROM PG. 11

Oxer started her career with STARS in Alberta, where she met her husband. He is from Selkirk, and when her dream job as a flight nurse had an opening in Manitoba, they went for it. She lived in St. Andrews and worked out of the air ambulance base in Winnipeg.

"Lots of people might have seen the big red, loud helicopter on some occasions, (but) hopefully never needed it. But STARS, the Winnipeg base, is one of six bases of the organization of STARS in three provinces. And from Winnipeg, STARS responds to two types of calls. They can be scene calls, so anything that happens outside healthcare facilities. So, you're thinking automatically of the big car crashes, but it can also be people that went through a medical event at home, things like that. The other part of the of the calls are the inter-facility calls. That means, for example, STARS would fly to the Selkirk hospital, pick up a patient there who is not at the right place and needs facilities that are only provided in the city. That could be a patient that cannot be safely transported at that point by ambulance, meaning that patient needs a little bit more than the back of an ambulance can offer, or needs a little bit more speed than the back of an ambulance can offer," explained Oxer.

As for the first responders doing this work, the air ambulance team consists of two pilots, a paramedic, and a nurse. As well as an on-call transport physician, who, though they aren't in the helicopter with the team, is still an integral part of the work, providing their knowledge and skills.

Oxer also wanted to say how important the very first responders on the scene, the paramedics, firefighters and police officers, are to what the air ambulance does because without them, the air ambulance team would not be able to do

the work that they do.

"(Without) our ground paramedics getting the patient to us or being on scene first, we wouldn't be there. If it wasn't for the fire department securing the scene and making sure the rig doesn't roll, or whatever happens to be, we wouldn't be able to go in. If it wasn't for (the) police blocking off the road, we wouldn't be able to land. There are so many partners in this in this chain, and this gives people an insight into our little chain. But, through these stories, I've also tried to make it really clear and really evident how important the role of all the other partners are," said Oxer.

As for her book, without giving too much away, the stories are a little bit exciting but also very enlightening.

"There are stories about big crashes, there are stories about people that are quite severely injured. There are stories about people that don't survive. But then, there's a chapter called 'It's Not All Misery.' There are stories that are sometimes hilarious. There is one about a truck that overturned, and the patient turned out to be fine, but then there was a massive smell and a stench. It turned out to be a truck with pig guts, pretty much. It had overturned, but it's 3 in the morning. It's dark. We don't see it," she said.

Oxer said that you don't have to read every story or even read them in order, as each is complete on its own. This means that this is a great book to pick up and put down when needed.

She hopes that people who grab the book get their questions about air ambulance work answered.

"I think there's a lot of questions, or people are wondering about what they see on the surface and what goes on behind those doors. And I hope they get those questions answered," said Oxer.

If you'd like to pick up a copy of *You've Been Dispatched*, you can purchase Oxer's book at <https://www.amazon.ca/Youve-Been-Dispatched-Flight-Stories/dp/9090413545>.

IERHA CEO upbeat about health-care service improvements, future developments

By Patricia Barrett

Despite respiratory viruses ramping up before Christmas and landing some people in hospital in the Interlake, plus a couple of back-to-back snowstorms thrown in the mix, Marion Ellis, the Interlake-Eastern Regional Health Authority's president and chief executive officer, remained upbeat about the progress the RHA has seen over the course of 2025 and optimistic about the future.

Like most health-care systems across Canada, Manitoba's system has experienced some lean years as a result of governments tinkering with funding, closing facilities and subsequent staffing losses, as well as an ageing patient population requiring more care and the COVID-19 pandemic, which caused many health-care workers to burn out and seek better working conditions elsewhere or leave the profession altogether.

But efforts are underway to expand the province's health-care capacity through capital projects and human resources. Recovery takes time but Manitoba - and the Interlake-Eastern RHA - is on the upswing as far as physician numbers go. The corollary of that should be a decline in emergency room visits and lengthy wait times.

"We're excited about having good, proactive care [delivered] through primary care physicians," said Ellis, who spoke with the *Record* before the Christmas break. "Primary care capacity will help address wait times. When people don't have a primary care clinician, they come to the emerg for that care."

The retention of physicians is affected by factors such as burnout due to heavy workloads, poor working conditions and retirement, according to the Canadian Institute for Health Information. Among Canada's 10 provinces, Manitoba is fourth from the bottom with regard to the number of physicians per 100,000 residents. The province currently has 225 physicians, slightly better than Ontario (221), Saskatchewan (218) and PEI (211). BC leads the pack with 271 physicians followed by Nova Scotia (268).

Ellis said the Stonewall area is likely the "envy of Canada" with 10 physicians in various clinics plus one physician in Stony Mountain.

"For this geographical area, we have doctors. And these doctors very much want to focus on a proactive approach to health care, which is primary care. They know if people are screened early for certain chronic diseases or cancers, there can be earlier interventions, treatments and better outcomes for patients. Their commitment is to



IERHA
Interlake-Eastern Regional Health Authority president and chief executive officer Marion Ellis. Ellis has close to 30 years' experience in nursing leadership and other senior leadership experience including with the Northern RHA and the former Burntwood RHA.

that," said Ellis. "Some primary care physicians [in the Stonewall area] are even looking for patients; there's no waitlist - they're looking for patients."

The uptick in doctors to Manitoba was noted by the physician advocacy organization Doctors Manitoba last fall, as well as by the provincial government in its November throne speech.

"When our government took office, Manitoba faced the worst doctor shortage in the country," states the throne speech. "That gap is now closing with 285 net new doctors added since October 2023, including 6 doctors from the United States and more in the recruitment process. Last year marked the largest increase of doctors ever."

As for physician availability in Ashern and Eriksdale, Ellis said that region is currently sharing its physicians. They work in clinic and also provide emergency room service to both hospital ERs.

Eriksdale's ER is open only about six days a month, typically on a Thursday, but Ashern's ER is typically open 24-7 all month, with some exceptions.

Six physicians are required to keep IERHA hospital ERs open 24-7. Fewer physicians than that can lead to burnout and retention issues. Doctors who work in their clinics all day and then are tasked to work emergency can feel they have no recovery time or quality of life. That often leads to their leaving for better working conditions.

Despite the physician challenges in that part of the health region, Ellis said a municipal leader expressed appreciation for the improvements underway in Ashern and Eriksdale.

The Ashern hospital had its medicine inpatient unit expanded between January 2023 and May 2025 to add 12 more beds for a total of 26. The second phase of project entails expand-



The Interlake-Eastern RHA has 10 hospitals, 23 primary care clinics and 16 long-term care facilities that serve a population of close to 140,000.

ing Ashern's emergency room to add eight more treatment spaces (5,400 square feet). That's expected to be completed this year.

The current provincial government committed to building a new ER at the Eriksdale hospital. Construction is expected to start this winter.

"I think they're feeling really hopeful that they're being listened to," said Ellis.

When asked if there will be a workforce ready to go when Eriksdale's new ER is up and running, Ellis said the health authority is not yet at the staffing side of things as the capital project is just getting underway.

"We're not at that stage yet. We don't talk about staffing until way on in the capital project," she said. "This is a really good thing for Eriksdale. The design of the new emerg will improve visibility for nursing staff and patients. Sometimes design can inhibit efficiency, and we really feel the design is going to enable patient privacy and efficiency for the workforce."

Although the health region is attracting more doctors, some Interlake hospital emergency rooms (apart from Selkirk's) continue to experience temporary closures.

The IERHA's ER schedule for Dec 16-31 showed Ashern's ER open 24-7 on 15 days of the 16-day-schedule. Eriksdale's ER was open 24-7 on two out of 16 days. Gimli's ER was open 24-7 on 10 out of 16 days and open five days with 12 hours or fewer. Stonewall's ER was closed 14 out of 16 days with two days offering 12-hour service. The ERs at the Teulon and Arborg hospitals are permanently closed.

The schedule for January 16-31 shows improvement in ER availability in Stonewall, with seven days of temporary closure and the remainder of the schedule showing a mix of days with 24-7 and 12-hour availability.

Stonewall's ER had shifted to more temporary closures after the death of Dr. Zahiri in October.

Ellis said his death was tragic and staff were devastated.

"It was an unexpected shocking [event]. The staff were very upset," she said. "We really relied on him strongly. He's still missed and his commitment is honoured by the region."

The situation should improve with a doctor due to arrive at the Stonewall Medical Clinic and who'll be starting his first ER day on Jan. 3, she said.

"Half of the work will be in clinic and half will be emerg," said Ellis. "We also have an international medical graduate who'll be graduating [from the Canadian curricula] and ready to come to work with us in February."

The availability of the doctors the region does have is expected to improve with the abolishment of sick notes. Doctors can see fewer patients if their time is taken up writing sick notes for patients whose employers require documentation.

Ellis said the provincial government introduced legislation [last year] to end sick notes for short-term absences, and that should add the equivalent of 50 more doctors or 300,000 more patient appointments per year.

Continued on page 15

Avian influenza circulating in Manitoba, but human risk remains low, experts say

By E. Antonio

Avian influenza, commonly known as bird flu, continues to circulate among wild birds in Canada, but experts say the overall risk to human health remains low and caution against misguided efforts to control the virus that could harm wildlife and habitats.

Avian influenza is caused by Type A influenza viruses that occur naturally in waterfowl such as ducks and geese. While some species can carry the virus without showing symptoms, others — including raptors — experience higher rates of illness and death.

The viruses are classified as either low pathogenic avian influenza (LPAI) or high pathogenic avian influenza (HPAI), based on how severe the disease is in domestic poultry. Most avian influenza subtypes are low pathogenic and cause little to no illness in wild or domestic birds, posing no threat to people.

More concerning are highly pathogenic strains such as H5N1, which are extremely infectious and often fatal to domestic poultry. Newer HPAI strains have also been detected in Canada in recent years, including H5N2 in British Columbia and H5N5 in Newfoundland and Labrador.

Waterfowl are considered natural reservoirs for avian influenza and can spread the virus locally or over long distances during migration, primarily through contact with the droppings of infected birds. Other bird species — and some mammals — are believed to become infected mainly through consuming infected animals.

Despite widespread circulation, experts say avian influenza has had limited population-level impacts on waterfowl so far. Human infections remain rare, and public health officials maintain that the risk to people is low, with most cases occurring among workers in poultry operations.

"There have been cases in domestic poultry operations across Canada, and those farms have suffered significant losses due to mandatory depopulation measures," officials note. In the United States, outbreaks have also been reported in dairy cattle, though those cases have so far been limited south of the border and are believed to be linked to contact with infected livestock such as poultry.

Matt Dyson, a research scientist with the Institute for Wetland and Waterfowl Research, says local cases make global wildlife health issues real for rural communities, showing the challenges happening close to home.

In December, avian influenza was confirmed as the cause of death for a flock of geese in Niverville. In Lock-

port, another group of geese was also found dead. While test results from the Lockport birds are still pending — a process that can take several weeks — their deaths are suspected to be linked to avian influenza.

"The impacts of avian flu are not always surprising, but they are unfortunate," Dyson said. "It especially hits close to home when it's happening in your community."

Dyson explained avian influenza has not caused major declines in waterfowl populations, but scientists are actively monitoring the situation by collecting samples and running tests — work that remains in its early stages for the H5N1 strain.

"We are effectively starting from ground zero when this virus first began circulating in late 2021 and scientists are still learning from the samples they've been collecting," he said.

While researchers are still working to understand what factors contribute to avian flu outbreaks, Dyson said cases can spike during colder months, when food, water, and habitat availability are reduced and birds congregate in smaller areas.

"We don't know all of this information for sure," he added. "But general wildlife ecology tells us that colder conditions can create those conditions where mortality events are more probable. When we observe really cold weather, we do see some correlation with sick birds and reduced habitat availability caused by greater ice cover."

As long as open water remains available, he added, birds are likely to stay in the area.

Autumn migration patterns may also contribute to seasonal increases in cases. Dyson said younger birds, which are "immunologically naïve," appear more likely to contract the virus and die due to their underdeveloped immune systems, though he noted that limited studies exist to fully support that theory.

Researching avian influenza presents challenges, Dyson said, explaining that scientists cannot simply bring wildlife in for examination.

"You just can't put a call out to birds and ask them to come to the vet if they aren't feeling well," he said.

Still, advancements are being made, including work at Winnipeg's National Centre for Foreign Animal Disease and the National Microbiology Laboratory.

"It's cool to have local folks leading the charge on this research," Dyson added.

Scientists continue to band, swab, and test birds as they work to better



PHOTO BY JUSTIN FRASER/CBC

A group of geese was found dead near Lockport in recent weeks, with avian influenza suspected as the cause while test results are pending.

understand avian influenza and the H5N1 strain in particular. Dyson said public reporting plays an important role in that effort.

Anyone who encounters a sick or dead bird is advised not to touch it and to report it to the Canadian Wildlife Health Cooperative or a provincial authority. The more reports received, he said, the more data researchers can collect to track the virus.

Dyson also emphasized that while birds may die while infected with avian influenza, the virus is not always the sole cause.

"There are often multiple stressors, like malnutrition, parasites, or environmental stress that, along with avian influenza, increase the risk of death in birds," he said.

The Canadian Wildlife Health Cooperative tracks confirmed cases of avian influenza on its website.

Wildlife and conservation groups warn that fear and misinformation surrounding HPAI can lead to ineffective and harmful responses. Measures such as culling wild birds, draining wetlands, or opposing habitat conservation projects do not stop the spread of the virus and can have unintended ecological consequences.

Hunters are encouraged to avoid harvesting birds that appear sick and to use gloves and wash hands thoroughly if handling birds is unavoidable. Poultry producers are advised to follow strict biosecurity measures,

as domestic poultry have little natural immunity to HPAI and can experience near-total mortality if infected.

While landowners with wetlands may have concerns about waterfowl, current evidence suggests waterfowl are unlikely to be a significant source of direct transmission to poultry or cattle and wetlands themselves are not thought to pose a risk.

Members of the public are advised to limit direct contact with wild birds and their droppings, keep pets away from live or dead birds, and avoid feeding waterfowl and gulls. Properly cooked poultry products and pasteurized dairy products remain safe to consume.

Experts say continued monitoring, good hygiene, and evidence-based decision-making remain the most effective ways to manage avian influenza — without harming wildlife or wetlands.

"Overall, avian flu is not something someone needs to worry about on a daily basis," Dyson shared. "So, get outside and enjoy nature."

To report sick or dead birds in Manitoba, residents can contact the Canadian Wildlife Health Cooperative at 1-800-567-2033 or Manitoba Natural Resources and Northern Development at 1-800-782-0076. More information is also available through Ducks Unlimited Canada website at, www.ducks.ca/our-work/waterfowl/avian-flu-in-canada/.

> IMPROVEMENTS IN THE IERHA, FROM PG. 13

To meet the future needs of an ageing population, the Interlake-Eastern RHA needs additional personal care home beds.

The population in the IERHA is older than the Manitoba average with 42 per cent aged 50 or older, according to the IERHA's annual report.

Ellis said the provincial government has committed to one PCH a year during its current term. It's building new PCHs in Winnipeg and in Lac du Bonnet and Arborg in the Interlake-Eastern region.

Stonewall has been engaged in lobbying the provincial government for a new seniors complex in their community as residents sometimes have to seek placements in facilities outside the area, separating them from their families.

Ellis said Stonewall is to be "commended" for its efforts to move its bid forward and for its proactive engagement with other communities along highways 6 and 7.

"They are working with their partner municipalities, proactively planning. They're engaged and listening. They have a vision they're committed to, and I think it's so admirable. I've had a meeting with Wally [Melnyk], their CAO, and mayor Sandra Smith, and they're committed to ... supporting an ageing population. That's to be commended," said Ellis. "We have great municipal leaders and First Nation chiefs in our region, and I feel very blessed to be here. We are working as true partners."

On the nursing front, Ellis said rural training programs such those offered in Arborg - which had "led the way" - in conjunction with Fieldstone Ventures and Assiniboine Community College have been a success in terms of recruiting nurses to the region.

Nurses who graduated from a licensed practical nursing program in Arborg are working in communities including Gimli, Eriksdale and Ashern and in health-care areas such as acute, long-term and home care.

"The LPNs that graduated from the Arborg program have been incredible team players and we appreciate them so much," said Ellis. "Because of the model in Arborg, and how the community stood that up, we were

able to work with Fieldstone Ventures and Assiniboine Community College. Now we've stood up a program in Beausejour with that model, and about 20 nurses will be graduating in the summer. Then come January of '27, we're doing another LPN program there to get more nurses for that area and also to support additional beds in the new Lac du Bonnet Personal Care Home.

To help offset the paramedic deficit in the rural health regions, the provincial government announced last year it had increased paramedic training seats.

In addition, the government said it would help recruit emergency medical responders (EMRs) for rural areas through financial aid (a \$5,000 bursary for students) and community training. Arborg will be the site of EMR training this year. By fall about 50-60 EMRs are expected to graduate.

EMRs will be able to help stabilize patients while waiting for an ambulance, said Ellis. Training rural people as EMRs will not only benefit rural communities, but may also entice EMRs to further their training and become a paramedic.

"If people know how to help someone who's choking or in distress, that's very helpful. We can use EMRs to help support the health-care system in our local areas," said Ellis. "If someone does this course and sees the value of it, that's a stepping-stone for going to the next level. It's a way of opening up opportunities and bringing local people into the health-care system."

Ellis emphasized that EMRs are "not replacing" paramedics or taking away jobs from paramedics as their scope of practice is different. EMRs will simply be providing immediate onsite support.

"They only do what they're qualified to do," said Ellis. "It's not like they'd be going outside the scope they'll be given."

In addition to more primary care physicians setting up shop in the health region and major capital investments in Ashern, Eriksdale, Arborg and Lac du Bonnet, Ellis said the provincial government is investing in other areas that will benefit IERHA,

and the region is "collectively grateful" for those services.

Those services include expanding the number of transitional care beds for people who can be discharged from the hospital but who need to wait for other health-care services, and expanding allied health services to ensure patients get rehabilitation and mobility services seven days a week, up from five days.

"We've also been really pleased with our Indigenous investments. We're working with our First Nations and supporting the patients who come to our sites," said Ellis. "We're strengthening those relationships and building trust that aligns with reconciliation. We're very committed to that."

The cost of public health care is always rising regardless of jurisdiction, but Interlake-Eastern hasn't scrimped or cut services. Ellis said the RHA ended its 2024-2025 fiscal year with an operations deficit (salaries, equip-

ment etc.) of \$836,048 and a capital deficit (depreciation of capital) of over \$1.6 million.

"Wouldn't I love it if we had a surplus," said Ellis when told about a misperception that the IERHA was sitting on a wad of cash at the end of its last fiscal year while ERs on both sides of the region continued to temporarily close. "This is a time when physicians are exercising their choices [declining to work in ERs]. If they work in clinic all day and then they're called out night after night to work in the ER - I don't know if I could do that. For some of these doctors, a quality of life is important. I know what it was like for me: I loved being on call when I was younger. But that's hard to sustain year in, year out."

Ellis said she'll be able to share additional positive developments with regard to gains in staffing, family-centred services and other key health areas later this spring.

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Winter storm forces closures, cancellations across Interlake

By Lana Meier

A powerful winter storm brought travel to a standstill across much of Manitoba over the weekend, with widespread impacts felt in the Interlake region.

Large sections of the Trans-Canada Highway were closed due to blowing snow and near-zero visibility, while several other provincial highways in and around the Interlake were also shut down or reported hazardous conditions. Manitoba RCMP urged motorists to avoid travel unless absolutely necessary, warning that deteriorating weather made highways unsafe.

The storm had significant local impacts, including the cancellation of hockey games, flight delays and closures across multiple school divisions. Schools were closed Monday in the Lakeshore, Lord Selkirk, Red River Valley, Evergreen, Interlake, Sunrise and Prairie Rose school divisions, including Prairie Rose's Hutterian colony schools. Division scolaire franco-manitobaine (DSFM) also closed École Aurèle Lemoine in Saint-Laurent and École Saint-Georges.

School bus service was cancelled for Prairie Rose School Division, Portage



RECORD PHOTO BY LANA MEIER

Blowing snow and poor visibility caused this school bus to get stuck along Hwy. 7 south of Stonewall on Friday. The winter storm forced widespread road closures across the Interlake over the weekend, including Monday.

la Prairie School Division, and several DSFM communities, including Lagimodière, Saint-Jean-Baptiste, Sainte-Agathe, Réal-Bérard, Saint-Joachim, Pointe-des-Chênes and Gabrielle-Roy. Childcare services were also affected locally, with all Starting Blocks Daycare Centres in Stonewall closed, along with Stonewall Children's Cen-

tre, Teulon Day Care, the Teulon Day Care school-age program, and the Balmoral Childcare Centre. RCMP reminded motorists that travelling on a closed highway is both illegal and dangerous, not only for drivers but also for emergency crews who may be called to respond to collisions or vehicles stuck in snow. Dur-

ing Friday's storm, Portage la Prairie police issued 25 tickets to motorists who ignored highway closures. The offence carries a minimum fine of \$298 and two demerit points. Motorists are encouraged to check road conditions before travelling by calling 511 or visiting Manitoba 511 online.

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Manitoba Disaster Management Conference returns Jan. 28-30

By E. Antonio

When disaster strikes, being prepared can help communities minimize its impact. Since 1992, the Manitoba Disaster Management Conference has provided valuable information sessions, keynote speakers and hands-on workshops. This year's event will take place Jan. 28-30 at the Canad Inns Destination Centre Polo Park in Winnipeg.

"There is such a need for disaster management education," said conference chair Shelley Napier. "Manitoba has strict guidelines in place to keep residents safe, and there is so much to learn through shared practices."

More than 20 speakers from across Canada will be featured, including RM of Lac du Bonnet Reeve Loren Schinkel, who will discuss lessons learned from the 2025 wildfires; Brock Happychuk, who will provide an overview of the national public alerting system in Manitoba; and Tyler Smith, a Humboldt Broncos bus tragedy survivor and mental health advocate.

Manitoba is home to the longest-running and largest disaster management conference in the country — a title Napier carries with pride.

"It's Manitoba — we are an amazing province with a lot of knowledge to share," she said.

The conference is expected to draw more than 400 delegates from across the emergency management sector, including coordinators, government officials, business owners and first responders.

"This conference is perfect for anyone whose life has been touched by emergency disasters," Napier said.

She added she is especially excit-



Shelley Napier, Manitoba Disaster Management Conference chair.

ed to announce that the first group of students from the Manitoba Association of Municipal Emergency Coordinators will graduate as certified emergency coordinators during Wednesday's dinner celebration.

Napier said the conference board continually seeks impactful speakers whose insights reflect the past, present and future of emergency management.

"We look at what has happened in the world, what we can learn, and how to ensure every session delivers key takeaways," she said. "There's a topic for everyone, carefully selected based on current events."

The conference opens with Schinkel presenting leadership lessons from the recent wildfires. He will share his experience navigating the crisis and offer tips on preparing for similar events.

"Manitoba wildfires touched every corner of our province," Napier said. "Whether it was an actual fire in your community or helping evacuees, there



PHOTO SUBMITTED

The Manitoba Disaster Management Conference returns Jan. 28-30 at Canad Inns Destination Centre Polo Park in Winnipeg, bringing together emergency management professionals for education, networking and hands-on training.

are lessons for everyone involved."

In addition to keynote presentations and breakout sessions, participants can choose from four half-day, hands-on workshops designed to actively engage attendees with industry experts.

Napier said the sessions offer more than classroom-style learning, providing direct, practical experience to help participants respond effectively if disaster strikes.

Feedback from previous conferences has been "overwhelmingly positive," she said, noting many attendees return year after year.

The all-inclusive \$500 registration fee covers access to all sessions and workshops, meals and coffee breaks, and one ticket each to Wednesday's casual dinner and Thursday's gala and awards banquet. The event also

offers networking opportunities with representatives from school divisions, universities, municipalities, hospitals, non-profit organizations and businesses.

"There's such high energy in the room," Napier said. "You can form partnerships, exchange ideas and expand your outreach. Just attending the conference enhances your ability to connect with others."

She encourages anyone considering registration to attend.

"We host a fun, energetic and rewarding experience for everyone," she said.

For more information or to register, visit www.manitobadmc.com. Registration remains open until the day of the conference, and walk-up registrations will be accepted with payment.

Access Credit Union commits \$250,000 to Manitoba schools

By Lana Meier

Access Credit Union is investing \$250,000 in Manitoba schools through its 2026 Focused Funding Grant, an initiative aimed this year at strengthening recreation and wellness programs for students.

Now in its second year, the Focused Funding Grant will provide \$25,000 each to 10 K-12 public schools across the province. The funding is intended to enhance programs, activities and spaces that contribute to student well-being, with an emphasis on creating

safe, supportive environments where students and communities can connect and thrive.

Access Credit Union said recreation and wellness were selected as the 2026 focus after seeing a strong and growing number of grant applica-

tions in these areas in recent years, particularly those centred on student wellness spaces and recreation needs.

The credit union noted that many schools continue to rely on aging

Continued on page 18

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What 2026 holds for Canadian agriculture

By Cam Dahl, Manitoba Pork

How did Canadian agriculture fare in 2025? What trends will continue from 2025 into 2026, and what does that mean for export-dependent farmers?

A year ago, I predicted that 2025 would be filled with global uncertainty that disrupted markets. I was hoping that this forecast would be proven wrong, but unfortunately it was not. Our neighbour to the south is focused on "America First." U.S. policies are moving away from supporting free and open trade. Canadian agriculture faced a short period of tariffs but ultimately was protected by the Canada-U.S.-Mexico Agreement (CUSMA). However, we don't know if this will continue until the end of 2026, as CUSMA is up for review.

This is the most important policy file for the 90 per cent of farmers in Canada who depend on international markets. The agreement will either be extended to 2032, put into a cycle of annual reviews, or terminated. The outcome of the review will determine the fiscal sustainability of many farms across Canada, including in Manitoba.

Tariffs are a threat, but they are not the only protectionist measures faced by farmers and food processors. The revival of country-of-origin labelling in the U.S. and individual state legislation that is fragmenting the North American market — such as Proposition 12 in California — are just two other examples of protectionist policies threatening Canadian agriculture and food exports. And the U.S. is not alone. China has targeted agricultural commodities in retaliation for Canadian tariffs on electric vehicles. The

European Union continues to block Canadian agricultural and food exports using non-tariff trade barriers.

Uncertainty in world trade is costly for both Manitoba farmers and processors. Unfortunately, this uncertainty will remain throughout 2026 and will likely intensify during the review of CUSMA. Securing the North American market, offsetting the cost of trade uncertainty, and trade diversification need to be at the top of the policy list for all governments in 2026.

Food and agriculture need to be top of mind at every Canadian negotiating table in 2026. Canadian governments and negotiators need to be continuously reminded that food and beverage processing is the largest manufacturing sector in Canada, with sales worth about \$175 billion. The sector accounts for more than 20 per cent of total manufacturing sales. Meat products comprise the largest proportion of the food manufacturing sector in both Manitoba and Canada. If agriculture and food are left behind in trade discussions, livelihoods in every region of Manitoba will be significantly impacted.

Manitoba hog farmers continue to be world leaders in disease prevention and management. The entire sector has recognized the need to work together to effectively protect the health of the animals under our care. Sometimes this means that parts of the value chain take actions that are not in their short-term fiscal interest but deliver long-term benefits to the entire sector. This level of collaboration is not often found in other countries or regions. Manitoba's pork sector should be congratulated for this accomplishment.

Working with the entire value chain to prevent and mitigate disease impacts is a key priority for Manitoba hog farmers in 2026. This includes preventing diseases such as Porcine Reproductive and Respiratory Syndrome and Porcine Epidemic Diarrhea virus where possible, and limiting their spread when it is not. We are also working with processors, veterinarians, transport companies, and Manitoba's Office of the Chief Veterinarian to keep foreign animal diseases such as foot-and-mouth disease and African swine fever out of Manitoba. Again, collaboration is the key factor in developing effective disease-prevention and response plans.

On the economic front, 2025 was a profitable year across the hog sector. Profitability was driven by strong pork demand around the world, relatively affordable pork prices for consumers — especially when compared with beef — disease pressures in other pork-producing regions, and reasonable feed costs. I expect profitable conditions to continue into 2026, at least for the first half of the year. Profitability in the second half of 2026 will depend largely on the world trade situation.

Given current profitability, 2026 should be a year of renewal and growth for Manitoba's hog sector. However, investing in the future is difficult when markets and trade patterns remain uncertain. Financing barns with a 25-year lifespan becomes more costly and challenging amid growing uncertainty. Manitoba's Economic Development Plan recognizes the impact of international uncertainty on the province's investment climate and the need to reduce reli-



Cam Dahl, General Manager
Manitoba Pork

ance on trade with the U.S. A priority for 2026 will be developing ways to partner with government and industry to offset some of these financial risks and costs in order to facilitate industry renewal.

In some ways, 2026 will likely look a lot like 2025. We will continue to see significant trade and market uncertainty, with the potential for that uncertainty to increase as the CUSMA review approaches. Positive profitability should continue, based on strong demand, disease pressure in other jurisdictions, and manageable feed costs. The question at the end of 2026 will be whether the potential negatives from the political environment outweighed the natural positives of the market.

> ACCESS CREDIT UNION, FROM PG. 17

or limited equipment and facilities, while others face space constraints — especially in Manitoba, where weather can limit outdoor activity and gathering areas. Targeted funding, they

said, can help introduce new recreation options, increase participation, enhance movement during school breaks and improve accessibility.

Rural and lower-income schools may face additional challenges due to fewer available recreation resources, making school-based investment especially important. Access said the grant is intended to help strengthen spaces that serve not only students, but also the wider community.

"Investments in school recreation and wellness extend well beyond the school walls," the credit union said, noting that gyms, playgrounds and outdoor spaces are often shared with families and community groups. Enhancing these areas helps build stronger connections between schools, families and local organizations while promoting inclusive access.

"We saw tremendous interest from across Manitoba last year and we're proud to once again offer a program that speaks to the specific needs in our communities," said Curt Letkeman, board chair of Access Credit Union. "By focusing on recreation and wellness, we can truly make an impactful difference, remove barriers, and create lasting opportunities for children to grow and develop."

The grant is open to all K-12 pub-

lic schools in Manitoba. Applications may be submitted by parent advisory committees, school administrators, teachers or school divisions. Projects must be pre-approved by the applicable school division and supported by a letter from the school principal or vice-principal.

Grant applications open Feb. 16 and close March 31. Successful schools will be notified in the fall, followed by a public announcement.

Access Credit Union said the Focused Funding Grant will rotate its area of focus from year to year, guided by ongoing conversations with community organizations and local leaders. Those insights help ensure the program remains relevant, responsive and impactful while allowing support to be shared across as many Manitoba communities as possible.

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Lesli Malegus, third from right, with the Foundation and friends crew that surprised her with news she was the 2025 Citizen of the Year.

40th Citizen of the Year Lesli Malegus

When Lesli Malegus was named the 40th Citizen of the Year she joined a small but mighty group of community-minded folks who work selflessly for the betterment of the Tri S area.

She's the first to share the title with a family member, mom Jean Oliver, who was the 10th recipient. Lesli credited her mom with instilling the right values in her.

"That's quite an honour," Lesli said.

"I don't think the apple falls too far from that tree. I think the way we were raised is to help the community and give back as much as you can."

Jean was happy for her daughter.

"I'm very proud and I know how hard she works for everything in the community and has for years and years. It's really wonderful that she's being recognized for all the work that she's done."

In Foundation tradition, a group showed up at Lesli's office and surprised her with the news.

"It's overwhelming. You don't do things in the community for recognition, you do them because it's the right thing to do. I just always try to live by that motto that it's the right thing and never expect anything, so this is really heartwarming."

Lesli's community involvements are many and include previous roles with the Sunova/Access Credit Union board, and Selkirk Community Renewal Corporation. She's President of the Rotary Club of Selkirk, a group she joined in 2010 and treasurer with the Selkirk Food Bank, which she joined in 2018.

Michele Polinuk, a friend and previous Citizen of the Year honouree, nominated Lesli.

"I've known Lesli for quite a while now, and having the opportunity to work alongside her in various volunteer positions and boards, I've seen someone who works so hard and never looks for the glory, or to be in the spotlight. She always works so hard and has given to this community since she was young," Polinuk said.

Congratulations Lesli!

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**Vital Signs 2.0 is out,
let's keep the buzz alive**



Marie Cayer with SDCF Board member Bonny Wynnobel checking out the Vital Signs Report, launched Oct. 2nd

**Belonging
is Vital**

Vital Signs 2.0 has been in the public's hands since mid-October, and Selkirk & District Community Foundation Chair Deborah Vitt says the report is a community checkup, and it's also an important tool in helping the community move forward.

"The Foundation worked with the community to create this report and it was 18 months of really looking hard at what works in our communities and what isn't working," Vitt said.

"It's exciting now that it's out to see how we as a Foundation can use it to help us in our granting decisions, but it's maybe more exciting to see how the community itself uses it. It's been embraced, and we're excited about that."

The process of creating the follow up to 2018's first Vital Signs was exhilarating for Brandon Sutherland who co-chaired the Vital Signs team alongside David Thorne. On Oct. 2, when the report was unveiled to a

crowd of about 100 people at Memorial Hall, Sutherland reflected on the experience.

"Growing up in Selkirk and seeing a lot of really valuable stakeholders in our community here tonight who have helped not only shape the Foundation but shape Vital Signs 1.0 and helped shape 2.0 (is exciting). And some new faces in the room as well that weren't involved in the first one, it really shows how we've moved the needle and really introduced new people to that community stakeholder group."

For Thorne, the importance of Vital Signs can't be

understated, and the report is an invaluable tool for the Foundation, and the community at large.

"Vital Signs provides us with critical local data to guide strategic decisions, it identifies community needs for funding, which is important to the Foundation, and it can inspire philanthropic action," Thorne said.

The report looks at 10 sectors, from housing and shelter to food security and access.

The goal of Vital Signs is to spur the community into action, and the Foundation has taken a first step by hosting food summit, in the new year, to try to get like-minded groups working together more cohesively and reduce overlapping of services.

"We've already started the process. The goal is to have everyone working together, make things more user friendly, more welcoming," said the Food Bank's Bonnie Singleton.

"It'll be interesting to see what the future holds with this, I think it's pretty exciting."

→ **To get a copy of Vital Signs, contact the Foundation at 204-785-9755 or email selkirkfoundation@shaw.ca**

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The Selkirk & District Community Foundation supports and serves on Treaty One Land and the home of the Anishinaabeg, Cree, Ojibwe, Dakota, Dene and Metis peoples. We acknowledge that our Indigenous peoples are the stewards and guardians of this land. As a community and workplace that embraces the values of diversity and inclusion, we honour and celebrate our Indigenous nations, their traditional knowledge and their contributions to all our communities. We acknowledge the harms of our shared history on Indigenous people, and that we pursue a path forward that is inclusive and supportive of reconciliation within all our communities.

Chair's Message



SDCF board members and staff at the Open House day of Giving Week 2025.

Thanks to you, positive change is alive and well in our communities

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has."

– Margaret Mead

Usually, I am not one to live by slogans or quotable quotes however I believe Ms. Mead was on to something.

The Selkirk & District Community Foundation is clearly able to live into our motto of "Here for Good" because so many of you are committed to bringing about positive change in our region.

We have completed the fall granting cycle and as you read through this report, you will see first-hand how your dollars have made such a difference to so many. Being a part of the granting committee has been such a privilege as we learn first-hand how dedicated folks are to making change happen in our region.

Also, this fall we launched the 2025 Vital Signs and I trust many of you have had a chance to read through this community check-up report. I encourage you to keep a copy close at hand as you imagine how we can work together creating positive and healthy changes to our region.

On behalf of the Foundation, thank you so very much to all of our donors who give in ways that continue to support the community charitable sector.

– With gratitude and thanks
SDCF Chair, Deborah Vitt

Building a canteen and community in St. Andrews

Duct tape and missing cupboard doors, along with a case of Coke that's so old it's cemented itself to a shelf, are reason enough to renovate the St. Andrews Community Club canteen. But board president Jen Meixner says it's also about building a place the community can be proud of and come to and enjoy.

"The upgrades are quite needed. We've got some new pieces along the way, new fridge, freezers, fryers, things like that, but the cupboards, the cabinetry has never been replaced," Meixner said.

"We've got spaces without doors, doors that don't open, drawers that don't open, a lot of duct tape. It's time."

Meixner says the volunteer board's vision for the community club is to pay tribute to its past while still responding to a changing future.

"When you think back to when the community club first came into being... it was quite a gathering place and we want to get back to that. This is a really important project. We prioritize projects that are

Red River Churches Refugee Team bringing more members of the refugee family to Selkirk

Since 2016, the Red River Churches Refugee Team (RRCRT) has helped three refugee families settle in.

Seven members of the Ramadan family were the first sponsored by the team and came to Selkirk from the Goz Amir refugee camp in Chad. Civil war in Sudan drove people to the refugee camp in 2003, and unrest in that country remains to this day.

"The Ramadan family really don't like to talk about life in the refugee camp," said Margaret Speer, Chair of the Refugee Team.

"Some of them grew up there, they spent their entire lives there."

Speer says the family, which included a mom and her four children as well as a daughter-in-law and her infant daughter, was excited to come to Canada, but had a tough choice to make. One son, Djamal, couldn't come.

"Djamal was not in the refugee camp at the time they received the offer to come so they had to make the difficult choice of coming without him or not accepting the offer and getting back in line," Speer said.

"They came without him, and then COVID hit and it took us quite a while to get Djamal here, but we got him here in 2021."

Now the team is once again reuniting the family, by bringing Djamal's wife, Aicha Ali Akabar, and their son, Ramadan, here. The couple met in the camp and married before Djamal came to Canada.

Speer said for the Ramadan family, being reunited with family members has been special.

"They were quite excited and we were relieved to finally get (Djamal) here because that was a long process, almost as long a process as to get Djamal's family here now. It will be very exciting and rewarding to see Aicha and Ramadan," she said.

The RRCRT has partnered with Little Britain United Church and the United Church of Canada in sponsoring Aicha and Ramadan.

This grant aligns with the Vital Signs sector Housing and Shelter.



Margaret Speer, third from left, with members of the Red River Churches Refugee Team.



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s of the RRCRT at Little Britain Church.

The Lakeshore Heights park is an important part of community life for the cottagers who spend their summers there. There are 289 cabins in the community, located on the shores of Lake Winnipeg in the RM of St. Clements, and 201 of them belong to the Lakeshore Heights Cottage Association.

President Ken Jansen says the members work hard to keep their community beautiful and they volunteer hundreds of hours every summer.

A grant from the Selkirk & District Community Foundation will allow the cottage association to replace the asphalt floor of the park's covered structure which is in bad shape and also install a new pathway to the structure from the road.

"The floor was done 40 years ago...it's kind of starting to all crumble. Anybody with a



Making Lakeshore Heights park accessible to all

President Ken Jansen and wife Judi with Treasurer Real Hince at the park's shelter.

wheelchair or walker, it's very unsafe for them to move in that structure," Jansen said.

Repairing the floor now will save money, as the old floor can still be used as a base. Jansen says if they wait any longer, it will deteriorate further and drive costs up.

The pathway from the road to the structure is steep and difficult for older residents and those with mobility issues to navigate.

"It's a pretty steep slope to get there and rough," Jansen says.

"It's a very gentle slope and that's why (the new pathway) will be so long to take advantage of that gentle slope."

The improvements, he said, will once again make the structure accessible to all.

This grant aligns with the Vital Signs sector Recreation, Culture and Heritage.

important but also feasible. We are entirely volunteer run...we're a not for profit, so we have to be creative on different ways that we'll be able to utilize the space so that we can be sustainable."

A grant from the Foundation will help them build a better kitchen/canteen that will allow the club to host more events, even socials, and get the club back to being a place people gather.

"We're a hockey and ringette community with the arena, but we recently hosted the art show and it was incredible. They

had hundreds of people come through, and I think that's telling, our community is really diverse. That's something that is special that we need to be a part of," she said.

"We want to grow and meet the needs of the community. And the community is growing, so we have to anticipate that there's going to be people with different interests and different needs. We want to be ready to meet those needs the best we can."

This grant aligns with the Vital Signs sector Recreation, Culture and Heritage.

Changes at the Foundation with a passing of the torch

In the Chair's Message in this report, Deborah Vitt spoke about the positive change the Foundation's donors are making in our communities.

This year the Foundation members are saying a fond and heartfelt farewell and thanks to our long time Executive Director, Bev Clegg, who has been with the Foundation since 2005.



With gratitude, the Foundation says goodbye to Executive Director Bev Clegg and welcomes Meredith Boerchers

We also welcome our new Executive Director, Meredith Boerchers, who has stepped into the role from her previous work as our Community Development Officer.



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Spotlight: wall shelves

Decorating your home is an art in and of itself: balancing colour schemes, furniture layout and functionality can be challenging. Creating a harmonious whole isn't always easy. Fortunately, a few simple tricks can help you create visual consistency in any room. Installing wall shelves is a perfect example.

VERSATILITY

One of the biggest advantages of wall shelves is undoubtedly the fact that they're as useful as they are attractive. They can embellish an otherwise plain wall, while maximizing available storage space.

PLENTY OF OPTIONS

Depending on where you need shelves, a wide variety of models can match the objects you

want to display and the decor of your room. Some popular options include:

- **Floating shelves** are sleek and minimalist. They're perfect for bathroom accessories or frames and knick-knacks in an office.

- **Bracketed shelves** are sturdy and stable. They're great for holding books in the living room or oversized utensils in the kitchen.

- **Corner shelves** are designed to fit in tight spaces. They're ideal for helping declutter show-ers or work surfaces in a small workshop.

In short, there are countless ways to use wall shelves creatively. Visit a home improvement store near you to find the shelves that suit your needs.

Is your closet a mess? Check out these solutions!

Do you struggle to close your overflowing closet? Does it take you forever to find a particular item of clothing? You're not alone. Fortunately, these simple tips can help you organize this small space in no time.

Sort through everything carefully

Start by taking *everything* out of your closet and sorting it out. Keep only the clothing items you actually wear. Sell or give away the rest. This essential step will help you see the space you have and plan your storage effectively.

SORT BY CATEGORY

Group and store your clothes and accessories by type and colour. For example, sort sweaters, trousers, dresses, ties and shoes in separate colour-coded sections. This will save you time when you're choosing your outfits.

Optimize space with storage accessories

Use additional shelves, double rails, fabric baskets,

sliding drawers and stack-able boxes to make the most of your closet's width, height and depth. Hooks on the inside of doors work perfectly for scarves, bags or belts.

Don't have time to organize your closet? Afraid of making mistakes? Make your life easier by contacting a local company that specializes in storage solutions.



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55020 Pth 12 Rd 366, Anole
- \$464,900

Welcome to this 7 year old raised bungalow designed with comfort and versatility in mind. Open-concept main floor offers effortless flow, featuring a stylish kitchen with a functional island - ideal for casual meals, morning coffee, or gathering with friends. Stainless steel appliances and a corner pantry deliver both elegance and practicality. The spacious dining area is great for family gatherings. Great living area keeps the whole area connected. 2 well-appointed bedrooms sit on the main level, including a bright primary suite complete with a private 3-piece bath. A full 4-piece bathroom serves the rest of the household with ease. Partially finished basement extends your living space even further, offering a third bedroom, a convenient 2-piece bathroom, and ample room to shape into a family area, home gym, or creative workspace. The home is also prepped for an attached garage, adding future flexibility and value. C/A, HRV, and electric heat. Beautiful 5.76 acres with 54' x 41' quarter for lots of outdoor storage.

3951 Mowat Road, East St. Paul
- \$279,900

Build your dream home! An excellent opportunity to create a custom residence on this expansive 12.83-acre property located in the sought-after community of East St. Paul. Enjoy the convenience of being less than 15 minutes from Birds Hill Provincial Park and minutes to the Perimeter Highway, providing quick access to a full range of amenities.

783 Colville Road, St. Clements
- \$699,900

DEVELOPMENT OPPORTUNITY! Fantastic development opportunity situated on a 1.70 acre lot in the desirable St. Clements. One portion of the property was used as a commercial establishment, the other portion is used for a rental home. The home offers a 2 bedroom, 1 bathroom unit, and an additional 1 bedroom, 1 bathroom unit. Value is primarily in the land. Services available.

2347 Norris Road, East St. Paul
- \$484,900

Set on over 2 acres in East St. Paul, this property offers excellent potential for your next home or development opportunity (purchaser to conduct their own due diligence). The home offers a spacious layout beginning with a bright sunroom that leads into the main living area. Enjoy the eat-in kitchen with plenty of storage space. The main level features 3 bedrooms, including a primary bedroom with two closets and a 2 pc ensuite. The family room features a cozy fireplace and space to entertain. A bonus loft space completes the upper level. The lower level enhances the home's versatility with a generous rec room complete with a wet bar, plus a den/bedroom and cold room. Outside, the property includes a fenced garden, apple + pear trees and raspberry bushes, a single attached garage, double detached garage, barn, & many storage sheds-perfect for parking, equipment, hobbies, or extra storage. Shingles done in 2025! Whether you plan to enjoy the existing home or the land, this expansive and private lot offers endless possibilities, all while being close to city amenities.

119 Oshanski Place, West St. Paul
- \$629,900

The Dylan by Dan West is a refined 1423 sqft bungalow nestled in West St. Paul. This residence blends modern sophistication with practical comfort. Step through the grand double-entry doors into an inviting foyer that flows into a bright open-concept floor plan. The heart of the home is the gourmet kitchen, featuring a spacious island, sleek pantry, and quartz countertops throughout, making both cooking and entertaining effortless. Adjacent, the living room offers an elegant entertainment wall complete with a 50" electric fireplace, providing the perfect backdrop for gatherings or relaxed evenings. Enjoy 9' main floor ceilings and luxury vinyl plank flooring throughout, creating a cohesive and contemporary aesthetic. The home features 3 well-appointed bedrooms and 2 full bathrooms, designed to deliver privacy and comfort for families and guests. Built with longevity in mind, The Dylan includes a doorbell camera, one interior camera, Delta MS foundation wrap, oversized slider basement windows, and an awning window for driveway access, ensuring exceptional natural light and future development potential. For peace of mind and smart living, the home is roughed-in for camera placement.

42176 PR 503 Road, Reynolds
- \$454,900

MOVE TO THE COUNTRY! Situated on a 3.80 acre park-like lot backing onto the Whitemouth River is this 1,320 SF, 2 bedroom (plus den), 1 bathroom bungalow featuring neutral tones, ample natural light throughout, African rosewood flooring and a stunning 3 season sunroom with heated floors! The breezeway entrance offers heated floors and direct access to the 3 season sunroom and backyard - the perfect spot to sip on your morning coffee! The living room features a cozy wood burning fireplace and French doors to a bright and airy den. The kitchen offers plenty of cabinet space, a tiled backsplash, stainless steel appliances, and a dining area overlooking the backyard. Two spacious bedrooms plus a den, a 4 piece bathroom with heated floors, and a laundry room completes the main floor. Your inner green thumb will love the large garden space! Spend the sunny summer days lounging in your landscaped backyard overlooking the nearby creek! Enjoy a double attached garage, a double detached garage (shingles 2024) and plenty of storage space for your tools and toys!

192 Byers Drive, St. Clements
- \$489,900

Your Dream Home Awaits! Welcome to Forrest Oaks Development, a picturesque community with park-like surroundings, paved roads, and fully serviced lots. This stunning 3 bed, 2 bath home boasts a thoughtfully designed 1,225 SF floor plan with premium finishes throughout. The kitchen is a chef's dream, featuring custom cabinetry, quartz countertops, and soft-close drawers. The spacious primary suite offers a large walk-in closet and an elegant ensuite with a walk-in tiled shower. Two additional bedrooms, a luxurious 4-piece bath, and a roughed-in full bath in the lower level provides plenty of space for family and guests. The insulated and drywalled basement offers endless potential, while the oversized 24x24 double-attached garage is perfect for all your tools and toys. Built with quality and durability in mind, this home features an ICF foundation, triple-pane windows, a 200-amp panel, and a New Home Warranty for peace of mind. Don't miss the chance to call this exceptional property in Forrest Oaks your new home!

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BUNGE

Championship

**3-8 Feb.
2026**






Selkirk set to host high-stakes 2026 Bunge Championship

By Kieran Reimer

Manitoba's top curlers will converge on Selkirk next month, with a berth at the 2026 Montana's Brier on the line at the Bunge Championship.

From Feb. 3-8, the Selkirk Recreation Complex will host the Manitoba Men's Provincial Curling Championship, formerly known as the Viterra Championship, marking the city's first time hosting the event since 2022.

The 24-team field will compete for the provincial title and the right to represent Manitoba at the national championship, setting the stage for a high-stakes week of competition.

"We are proud and honoured to host this event every opportunity that we

can," said tournament committee co-chair Scott Szydluk.

Reid Carruthers' rink will enter the championship as the defending titleholders after defeating Team Braden Calvert in the final at the 2025 event in Portage la Prairie.

Teams from across Manitoba will take to the ice in Selkirk, representing every region of the province. The North will be represented by Burntwood skip Butch Mouck. West 1 entries include Dauphin, skipped by Greg Todoruk, and Gladstone, led by Jeff Stewart, while West 2 will feature Virden skip Jace Freeman and Brandon's Cale Dunbar. South 1 will be represented by two Portage teams,

skipped by Ryan Hyde and Brett Moxham, along with Holland skip Jeremy Sundell, while South 2 sends Steinbach under the leadership of Stefan Gudmundson. The East region will be represented by Gimli skip Derrick Anderson.

Winnipeg entries include Deer Lodge's Sean Grassie, Charleswood skip Cory Anderson, Fort Rouge's Andrew Wickman and Pembina skip Daniel Birchard.

Additional qualifiers include AMCC's Brett Walter and Morden skip Marcus Titchkosky through berth bonspiels, Carberry's Kelly Marnoch from the Brandon Men's Bonspiel, defending champion Reid

Carruthers of Granite, CTRS qualifier Jordon McDonald of AMCC, and Manitoba Curling Tour qualifiers Braden Calvert (Heather), Tanner Lott (Fort Rouge) and Steve Irwin (Brandon).

Selkirk last hosted the championship in 2022 at the Selkirk Curling Club due to pandemic restrictions, when Team Mike McEwan claimed the provincial crown.

With teams, officials and fans expected from across Manitoba, organizers say the event will provide a boost for local hotels, restaurants and businesses.

Continued on next page

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Continued from previous page

Szydilk said about 170 volunteers have already signed up to support the championship.

In the weeks leading up to the event, the recreation complex will be transformed from the home of the Manitoba Junior Hockey League's Selkirk Steelers into a five-sheet curling ven-

ue.

"It brings people to Selkirk, so local businesses benefit, and the City of Selkirk gains exposure through news coverage and streaming," said Szydilk. "It benefits the entire community and the Tri-S area."

Tickets are available at the door or in advance through the CurlManitoba website. Options include event pass-

es, day passes and single-draw tickets, with children 12 and under admitted free.

Tickets can be purchased at <https://selkirk.curling.io/en/programs>.


Those interested in sponsoring the event can contact michelle.t.tokar@gmail.com



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Your FARM



Manitoba bug expert tracks rising insect threats to crops

By E. Antonio

Bugs are no strangers to Manitoba — especially for farmers and agronomists who deal with them every growing season. Helping those producers understand which insects pose a risk and which are beneficial is the job of John Gavloski, provincial entomologist with Manitoba Agriculture, based in Carman.

“A huge part of my job is educating farmers and agronomists about insects,” Gavloski said. “I spend a lot of time fielding questions, collecting insect data, and producing relevant information about insects that may harm or benefit crops.”

While Gavloski always knew he wanted to work with animals, his interest in entomology took off during university after enrolling in an entomology class taught by what he described as a “very enthusiastic instructor.” One course quickly turned into two, which eventually led to a summer job in the field — and a career that has now spanned nearly three decades.

This week, Gavloski is sharing his expertise at Ag Days in Brandon, where he is delivering two presentations focused on insect concerns in Manitoba crops.

The first presentation addressed insects commonly found in canola



Cabbage seedpod weevils are a growing concern for canola fields. Pictured is a cabbage seedpod weevil found in a canola crop near Carman.

crops. A major focus was the cabbage seedpod weevil, an insect that had not previously raised alarm in the province.

“I have been tracking the cabbage seedpod weevil since its arrival in Manitoba in 2017, and the levels were never reaching problem status,” he said. “But last year, the population completely exploded. Now it’s my job to inform farmers how to scout for it, how many is too many, and what steps they can take to control it.”

He also emphasized the diversity of weevils. Worldwide, there are more than eight times as many species of



PHOTOS SUBMITTED

John Gavloski, provincial entomologist with Manitoba Agriculture, poses with a New Guinea spiny stick insect. Gavloski is attending Ag Days in Brandon this week, where he is presenting on insect concerns in Manitoba crops.

weevils as there are birds, with some weevils being beneficial to agriculture.

His second presentation highlighted several insects that were abundant across a variety of crops in Manitoba in 2025. Gavloski discussed three different weevils, how to correctly iden-

tify them, and effective strategies for managing them. Flea beetles in canola, grasshoppers, and beetles that feed on stored grain were also covered.

The session concluded with a “Crop Talk,” allowing attendees to ask questions, similar to the weekly Crop Talks he serves as a panellist on during the summer.

“I want to make sure farmers and agronomists are getting the information they need,” Gavloski said. “I try to address most of the questions they have. I want what’s best for them, and Crop Talks help with that process.”

During the growing season, Gavloski also distributes weekly insect survey results through the Manitoba Crop Pest Updates newsletter. Anyone interested in subscribing can email crops@gov.mb.ca with the subject line “Subscribe to Insect Report.”

Despite his focus on pests, Gavloski emphasized that not all insects are harmful. Many play important roles in agriculture, including pollination, decomposition, and natural pest control.

“To put it simply, if you don’t have the good guys, the bad guys will quickly take over,” he said. “The

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Continued on page 27

> INSECT THREATS, FROM PG. 26

constant battle is ensuring populations don't get out of hand. It's about knowing how to manage insects, and that's where I can help."

According to Gavloski, farmers and agronomists are generally appreciative of his work, often sharing positive feedback about receiving early warnings on emerging insect issues and having opportunities to ask questions.

When it comes to crop vulnerability in Manitoba, Gavloski identified sunflowers and canola as being particularly susceptible to insect damage. Several insects feed exclusively on sunflowers, and some can be quite damaging to sunflowers grown for seed consumption.

Canola faces its own challenges, especially from flea beetles. When early crop growth is delayed, flea beetles can feed heavily on seedlings, creating what Gavloski described as a "real problem" for producers.

More information on insects and agriculture — including past seasonal reports and insect identification guides — can be found at www.gov.mb.ca/agriculture/crops/insects/.

Gavloski noted pest populations can fluctuate dramatically from year to year, depending on factors such as weather conditions and the presence of natural enemies like predators, diseases, and parasitoids.

Over his career, he has seen a noticeable increase in the number of pest species in Manitoba, adding to the number that must be monitored. Some introduced insects arrive through natural movement, but many are human-assisted. For insects of concern on crops and trees, many arrive in the province through vehicle transportation or the movement of firewood — something that is strongly discouraged nationwide.

"Bugs are awfully good hitchhik-



Entomologists are concerned about rising numbers of flea beetles in canola fields across Manitoba.

ers," he said. "Always be conscious if you are transporting plants or soil into the province, and make sure the insects we don't have — and don't want — stay out."

Looking ahead, Gavloski expects to add more invasive species to his watch list over the next few years and is already monitoring several insects that have yet to arrive in Manitoba.

While insect populations are changing, the technology used to track them in provincial surveys has remained relatively stable. Although newer, more automated traps and synthetic lures are available that can capture a wider range of insects, Gavloski still

finds simpler, traditional trapping methods cheaper, easier to deploy, and at times more accurate than complex mechanical systems.

For backyard gardeners, Gavloski offered one key piece of advice: use insecticides only as a last resort. When practical, physically removing insects is often easier and cheaper, and overuse of chemicals can lead to resistance.

"All you need is a few individuals with genetics that allow them to survive the insecticide," he explained. "Those survivors reproduce, spread their traits, and eventually the chemicals no longer work."



John Gavloski, provincial entomologist with Manitoba Agriculture, sweeps a canola field for insects.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Royals dribble through busy JV schedule

By Kieran Reimer

The Lord Selkirk Royals junior varsity boys basketball team played four games last week across KPAC Tier 1 action and the Centurions JV Boys Tournament.

In KPAC play, Selkirk hosted the Kildonan-East Reivers on Tuesday, dropping a 76-67 decision on home court. The following day, the Royals were outmatched 86-24 at home by Maples.

With the pair of losses, Selkirk dropped to 1-4 on the regular season and sits ninth in the 12-team KPAC Tier 1 standings.

The Royals also finished seventh at the Centurions JV Boys Tournament, held at Fort Richmond Collegiate in Winnipeg. Selkirk opened the tournament Friday with an 89-46 loss to the St. Paul's Crusaders before falling 80-72 to the Pembina Trails Collegiate Trail Hawks on Saturday to close out play.

Next up, the Royals travel to Transcona to face the Titans on Tuesday, Jan. 20, at 7:30 p.m. They will then take a break from regular-season action to compete in the Royal Invitational at Windsor Park Collegiate from Jan. 30-31.

Selkirk is one of eight teams registered for the tournament.



Selkirk Royals' Carson Salmon looks to make a move up the court.



RECORD PHOTOS BY BRETT MITCHELL
Royals' Youri Vallenduuk drives the ball past a Kildonan-East Reivers player in his team's 67-76 loss on Jan. 13 in Selkirk.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Einarson headlines Team Canada field at 2026 Scotties

By Lana Meier

Four-time Scotties champion Kerri Einarson will lead Team Canada into the 2026 Scotties Tournament of Hearts after round-robin pools and the full schedule were finalized for the national women's curling championship in Mississauga, Ont.

The 18-team event runs Jan. 23 to Feb. 1 at the Paramount Fine Foods Centre, with opening draw set for Friday, Jan. 23, at 7 p.m. ET. Einarson's Gimli, Man., rink assumes the Team Canada berth after 2025 champions Rachel Homan and her Ottawa-based team turned their focus to representing Canada at the Winter Olympics in Italy. Einarson finished runner-up at last year's Scotties in Thunder Bay.

Teams will be split into two pools and play a complete eight-game round robin. The top three teams in each pool advance to the playoffs, with no tiebreaker games. Head-to-

head results will determine ties, followed by Last-Shot Draw rankings if required.

Under the playoff format, first place in one pool faces second place from the other on Jan. 30, with winners advancing directly to the Page 1-2 game. The championship concludes Sunday, Feb. 1, with the winner earning the right to represent Canada at the 2026 BKT World Women's Curling Championship in Calgary.

Einarson's Team Canada rink is seeded first in Pool A, which also includes Manitoba's Kaitlyn Lawes-led entry and provincial champions from British Columbia, Ontario, Saskatchewan and Nova Scotia, among others. Pool B features top CTRS qualifiers Kayla Skrlík of Calgary and Christina Black of Halifax, along with Manitoba champion Beth Peterson and seven additional provincial and territorial



PHOTO SUBMITTED

Four-time Scotties champion Kerri Einarson will skip Team Canada at the 2026 Scotties Tournament of Hearts in Mississauga, Ont., after her Gimli, Man., rink earned the national berth. The 18-team championship runs Jan. 23 to Feb. 1 at the Paramount Fine Foods Centre, with Einarson seeded first in Pool A.

teams.

More than 20 players will make their Scotties debut in Mississauga, adding

a mix of emerging talent to a field anchored by Einarson and several familiar championship contenders.

Selkirk boxing prodigy earns Team Canada training camp invite

By Kieran Reimer

Boxing's next big thing may very well be coming out of Selkirk.

That is at least what Maulers Boxing coach Devin Tomko believes when it comes to 17-year-old boxing prodigy Damir Kudusov.

Originally from Ukraine, Kudusov is just two years into his boxing career in Canada after previously training in Muay Thai. Since moving to the country, he has travelled extensively for boxing matches and competitions, gaining experience against high-level opponents across Canada.

Tomko said Kudusov's English has also improved dramatically — from knowing almost none when he first arrived to now speaking it better than his coach.

"When he came to me and I had seen his dedication, his work ethic and his skills — he had a lot of natural ability — I figured I had to help this kid," said Tomko. "He was kind of the backbone of it all and pushed me to really get the ring in there, to get a gym going and really help him fight. Now it's snowballed into a high-level gym with him as one of the fighters, and we've got other fighters on the come-up."

"It's been an interesting ride, especially considering me and him couldn't even communicate at first — we were talking through Google Translate for the first little bit."

Kudusov was recently invited to the Team Canada U23 training camp, scheduled for Jan. 23, where he will train alongside some of the country's top amateur boxers.

At the camp, he will take part in sparring sessions, fight demonstrations and Team Canada's strength

and conditioning program.

Tomko said he is just as excited as his athlete to see Kudusov receive national-level recognition.

"I love seeing him get better. This whole relationship started because I recognized that this kid had heart and determination, so I'm just willing to help him out," he said. "Getting to see him achieve his goals and slowly pick away at them has been fun."

"For me, the main picture is the pro career — that's where my expertise would flourish — but I just let him enjoy the journey and take it step by step. When he does get to the pro career, it'll be that much easier to get him started."

Although Kudusov will be one of the youngest fighters at the camp, he has repeatedly shown the ability to compete well beyond his years.

He often seeks out bouts against older opponents and regularly trains with fighters in their 30s, largely because there are few competitors his own age competing at the same level.

In 2026, Kudusov will enter his final year of U18 eligibility, creating a welcome dilemma: move up an age group or remain at U18 for one more season, where he would likely be among the division's top contenders.

For now, the plan is to stay at U18 for a final year, giving him a chance at redemption at nationals after finishing third in back-to-back seasons.

"I'm not going to say we're the favourite to win nationals this year, but everybody we had tough fights with has aged out of the group," said Tomko. "Damir's always been the youngest in the bracket. Now he's the older, bigger guy, and he's got a really good opportunity to win it."

The Boxing Canada 2026 Junior, Youth and U23



RECORD PHOTO SUBMITTED

Maulers Boxing's Damir Kudusov will attend Team Canada U23 Training Camp in January. The 17-year-old is a two-time bronze medalist at U18 Nationals.

National Championships are scheduled for March 18-22 at the Genesis Centre in Calgary.

It promises to be an exciting few months ahead for the young Selkirk standout.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Sawyer stepping up big for Steelers in crucial time

By Kieran Reimer

The Selkirk Steelers got back in the win column Saturday with a 7-0 thumping of divisional rival Portage Terriers at Stride Place.

Dawson Madden scored twice, while Wyatt Witham, Kayden Turner, Landon Pue, Landon Jamieson and Jules Delepoulle added the rest of the Steelers' tallies.

Back in net, second-year netminder Ethan Sawyer stopped all 33 shots he faced for his first shutout of the season and the second of his Manitoba Junior Hockey League career.

His numbers improved to a 3.15 goals-against average and a .913 save percentage in what was his league-leading 29th game of the season.

After playing just 21 games in 2024-25 as a rookie backup, Sawyer has taken a big step forward — one that is keeping Selkirk's hopes of a post-season push alive.

"He came into camp and you could tell he had a big summer and was very motivated to take the net and be the guy for us, and he's done that all year long," said Steelers head coach Hudson Friesen. "Whether we're winning games or not, he's been our backbone. He hasn't had a bad game all year. He competes extremely hard, comes to the rink ready to play and is very prepared."

Sawyer came fully prepared ahead of Saturday's game, knowing his team desperately needed a win.

The victory moved Selkirk to 17-18-2 on the season, placing the Steelers within nine points of the fourth and final playoff spot in the MGEU East Division.

The shutout also gave the team a boost in morale, as the Steelers' skaters were just as pleased to see their ace earn a clean sheet.

"We didn't make it easy on him in the third," said Friesen. "We gave up a few chances late when the game was out of hand. He stood on his head to make sure he got that donut on the board, and we were all really happy for him. It's something he's been earning all year."

Selkirk still has 21 games remaining before the conclusion of the regular season. Rookie backup Hudson Hunnie is set to start the Steelers' next game Tuesday, Jan. 20, against the Winnipeg Monarchs.

The 17-year-old has posted similar numbers to those Sawyer recorded during his rookie season and could become the club's starter in future years.

His play has also provided calmness for the Steelers' staff, who know they have a strong option when their starter needs a night off during a busy



RECORD PHOTOS BY RICK HIEBERT

Steelers defenceman Carson Brookes attempts to block a shot in front of goaltender Ethan Sawyer during Selkirk's game against the Winkler Flyers. Sawyer, the Selkirk Steelers' starting netminder, carries a 12-15-1 record with a 3.15 goals-against average and a .913 save percentage this season. The 20-year-old from West Kelowna, B.C., earned his first shutout of the campaign last Saturday, stopping 33 shots in a 7-0 win over the Portage Terriers at Stride Place.

stretch.

"There'll be a heavy dose of Sawyer down the stretch, especially in big divisional games — he'll be the guy getting the nod," said Friesen. "We have confidence in both of them, but with the way Sawyer's playing, he's earned those opportunities and has done a great job in those situations."

Selkirk also played earlier last week, falling 5-3 Tuesday in Winkler and 4-2 Thursday in Niverville.

The Steelers led 3-2 over the Flyers after three early third-period goals from Carter Zalischuk, Madden and Owen Branson.

Winkler, however, scored three unanswered goals of its own — including two in the final two minutes — to earn a full two points in the East Division matchup.

Selkirk then battled the MJHL-lead-

ing Nighthawks on Thursday, trailing 2-1 heading into the third after Cole Babych scored for the Steelers.

Niverville added two more in the third before Madden replied in the final minute, leaving Selkirk with a two-goal deficit it could not overcome.

The Steelers were also scheduled to host Virden on Sunday, but the game was postponed to a later date.

Selkirk now prepares for the Monarchs on Tuesday before a rematch with Portage on Friday in Selkirk.

UPCOMING GAMES

- Tuesday, Jan. 20 — vs. Winnipeg Monarchs, 7:30 p.m., Selkirk Recreation Complex
- Friday, Jan. 23 — vs. Portage Terriers, 7:30 p.m., Selkirk Recreation Complex



Steelers defenceman Ayden Collins works to deny Flyers forward Tanner George a shot on goal.

The Selkirk Record

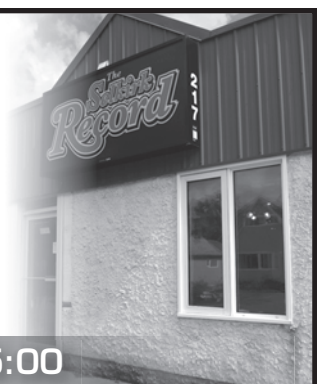
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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Royals Hockey Report: Boys and girls teams both record shutouts

By Kieran Reimer

Lord Selkirk Royals boys and girls hockey clubs moved further into the regular season last week, each playing three games.

The boys sit tied for eighth in the Winnipeg High School Hockey League's Platinum Promotions Division with an 8-9-0-0-1 record, while the girls are 11th in the Manitoba Women's High School Hockey League's Division 1/2 East following last week's action.

Both teams finished the week with 1-2 records.

The boys opened their schedule with a 4-3 loss to Steinbach on Jan. 12 in Mitchell, coming close to erasing a four-goal deficit. The Royals trailed 4-0 through two periods before Erik Evason got Selkirk on the board early in the third.

Mateo Malbasa made it a 4-2 game at 11:48, and Nolan Dear cut the deficit to one with 3:45 remaining. Steinbach goaltender Kash Amor shut the door from there, stopping Selkirk's comeback bid.

Amor finished with 21 saves, while Selkirk's Rylen Giroux turned aside 24 shots in the loss.

The Royals bounced back the following day with a 2-0 shutout of River East in Winnipeg. After a scoreless first two periods, Hayden Hazlett scored twice to lift Selkirk to the win.

Owen Coe was perfect in goal, stopping all 34 shots he faced to earn the shutout, while River East's Will Paskaruk made 23 saves.

Selkirk then returned home to host Sturgeon Heights on Thursday at Selkirk Recreation Complex. Trailing by two entering the third, Jaxon Beasley pulled the Royals within one with a power-play goal early in the period.

Both teams pushed for the next goal, but Sturgeon Heights capitalized at the 10:09 mark to restore its two-goal cushion en route to a 3-1 win. Giroux finished with 24 saves, while Sturgeon Heights' Fisher McDougall stopped 11 shots for the victory.

The boys now move into a two-game week, facing Oak Park on Wednesday at 3:15 p.m. at Eric Coy Arena and Shaftesbury on Thursday at 4 p.m. at



RECORD PHOTO BY BRETT MITCHELL

Selkirk Royals' Kennedy Simpson scored the lone goal in a 7-1 loss to Collège Jeanne-Sauvé on Jan. 14.

Selkirk Recreation Complex.

The girls did not pick up their first win of the week until Friday, when they rolled to a decisive victory over River East.

Before that, Selkirk dropped a 7-1 decision to Collège Jeanne-Sauvé on Jan. 12 and a 7-3 road loss to Gabrielle-Roy last Wednesday.

Against College Jeanne-Sauvé, goaltender Megan Pellaers turned in a standout 48-save performance despite the loss. Selkirk's lone goal came on a power-play marker from Kennedy Simpson.

The Royals were more competitive against Gabrielle-Roy. After falling behind 4-0, Delaney Bush opened the scoring for Selkirk. Simpson followed with the game's next goal — and the only marker of the second period — to pull the Royals within two heading into the third.

Gabrielle-Roy took control early in the final frame, scoring three goals in under a minute to halt Selkirk's comeback attempt. Simpson added another later to finish with a two-goal night, while Pellaers made 36 saves.

Selkirk closed the week with its strongest showing, posting a 6-0 shutout over River East on Friday. The Royals scored in each period, with Pellaers earning the clean sheet in net.

Simpson led the offence with four goals, while Emily Beattie and Rielle Forfar also found the scoresheet to secure Selkirk's third win of the season.

The girls now shift to a two-game schedule, visiting College Pierre-Elliott-Trudeau on Monday at 3:45 p.m. at East Selkirk Recreation Association before hosting Lorette on Wednesday at 3:15 p.m. at Lorette Community Complex.

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The Selkirk Record

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'Raring to go' Allen, Wesmen eager for Canada West second half

By Kieran Reimer

After nearly a month between games, the University of Winnipeg Wesmen are ready to get back on the court.

Following an extended Christmas break, the Wesmen returned to action with a series of exhibition matches in Sherbrooke, Que., ahead of the new year.

Few players were more eager for the restart than sophomore middle Liam Allen.

The 24-year-old St. Andrews native was sidelined early in the season after suffering a knee injury that required surgery, forcing him to miss significant time. Allen returned briefly before the break and is now looking forward to a busy stretch of games through January and February.

During that span, the reigning Canada West champions will look to improve on their 4-6 record heading into the break.

"We are definitely eager to start the second half better than we did the first," said Allen. "We've got a similar tough lineup going into the second half, a lot of good teams. Having a good little break in the middle of the two halves is definitely what we've been working toward."

The Wesmen will play five two-game series over January and February, including a highly anticipated rematch with the University of Alberta Golden Bears — the team Winnipeg defeated in last season's Canada West final at a packed and raucous Duckworth Centre.

Allen hopes for another opportunity to play in a similar atmosphere.

"I don't think I've ever been in a gym that loud," he said. "That was super, super fun. We're just all trying



Liam Allen

to chase the best level of play we can right now and let that decide where it falls. Whether that leads to being in a Canada West final again, it'll be what it is at the end of the season."

Veteran leadership will be key if the Wesmen are to climb the standings in the second half.

Allen said the team has felt the loss of players such as Isaiah Olfert and Ben Traa, who logged heavy minutes during last season's championship run. Their departures have created opportunities for others to step into larger roles.

Now once again the oldest player on the roster, Allen continues to contribute on the court while embracing a leadership role off it as well.

"We've got a great group of guys who are all pretty close in age," he said. "I know a lot of them from coaching against them, playing with



RECORD PHOTO BY KEN ALLEN

University of Winnipeg Wesmen middle Liam Allen is set for the second half of the season after returning from a knee injury that sidelined him earlier this year.

them, or seeing them when they were younger. Being older gives me a bit more perspective. I've played longer and even played a different sport, and you see the similarities across high-level university sports all the time."

Allen has two seasons of eligibility remaining following the 2025-26 campaign. He would have had three if not for a previous stint playing college baseball in the United States.

Since returning to volleyball, he said he has enjoyed it even more than

baseball.

A graduate of Lord Selkirk Regional Comprehensive Secondary School, Allen is now back in the Lord Selkirk School Division working as a substitute educational assistant. He hopes to one day secure a full-time position as a science teacher in the division.

At the University of Winnipeg, Allen is currently pursuing a degree in chemistry and plans to complete his education degree afterward.

Fishermen taking three-game streak into weekend road trip

By Kieran Reimer

Most Capital Region Junior Hockey League play was put on hold last weekend due to weather, including the Selkirk Fishermen's scheduled home games on Friday and Sunday, which will be rescheduled.

Selkirk was set to host the seventh-ranked North Winnipeg Satellites on Friday night and the sixth-ranked Arbog Ice Dawgs on Sunday afternoon before the league officially postponed both contests.

The unexpected break gives the Fishermen extra time to rest before carrying a three-game winning streak into Morris this weekend for a Friday matchup against the second-place St.

Malo Warriors.

Selkirk will then travel to the HyLife Centre on Saturday to face the fourth-place La Broquerie Habs.

The Fishermen currently sit third in the league with a 13-5-0-0-1 record, good for 40 points through 19 games.

UPCOMING GAMES:

- Friday, Jan. 23

at St. Malo Warriors, 8 p.m. at Morris MultiPlex

- Saturday, Jan. 24 at La Broquerie Habs, 7:30 p.m. at HyLife Centre

NEXT HOME GAMES

at the Selkirk Rec Centre

SUNDAY, FEB 15th

VS Beausejour Comets 3:00 pm

NEXT AWAY GAMES

Fri, Jan 23 - vs St. Malo - 8:00 pm (in Morris)

Sat, Jan 24 - vs La Broquerie - 7:30 pm

Tues, Jan 27 - vs N. Wpg Satellites - 8:00 pm

Fri, Jan 30 - vs La Broquerie - 8:00 pm

- in Sagkeeng (home make up game)

Sun, Feb 1 - vs Lundar Falcons - 3:00 pm



Meet the Fishermen 2025-2026



#18 Theo Courchene Forward

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Fire and ice: Petersfield's Team Croy win gold in MFFCA provincials return

By Kieran Reimer

It had been a decade since Team Croy last curled for provincial glory.

The Petersfield Curling Club four-some of Tyler Croy (Clandeboyne Fire Department), Calvin Croy (Clandeboyne Fire Department and Winnipeg Fire Paramedic Service) and Aaron Goertzen (Clandeboyne Fire Department) had stepped away from the competitive game amid the demands of family life and work.

When the Manitoba Fire Fighters Curling Association announced Gimli as the host site for the 2026 provincials, Team Croy seized the opportunity, taking advantage of the close-to-home location to make their long-awaited return to the tournament.

With the addition of Stonewall-Rockwood Fire Department's Paul Janssen at lead, Team Croy completed its four-man lineup for provincials. The rink threw rocks together for the first time just days before the tournament opened Jan. 9.

When play began, Team Croy gutted out a few early wins. Their momentum carried through the middle

of the tournament, with victory margins steadily increasing. By the final on Jan. 11, Team Croy had reached a near-flawless level of play, defeating Team Krisko to claim the provincial title.

"We came together and kind of got on a roll there," said skip Tyler Croy. "A couple of close games, but pretty much undefeated throughout the whole thing. The finals came around and we were firing on all cylinders, so we came out with a big win there."

The championship game opened with Team Croy scoring four in the first end and later stealing in multiple ends to secure the victory.

It marked the first MFFCA provincial championship for Team Croy, earning the rink a berth at the 2026 Canadian Fire Fighters Curling Association Championship, scheduled for March 19-28 in Truro, N.S.

The team plans to curl together once a week in preparation, balancing training with their work schedules.

"I'm very excited — it's a great opportunity," said Croy. "The three of us have curled together for quite a while



RECORD PHOTO SUBMITTED

Members of Team Croy from the Clandeboyne Fire Department captured the 2026 Manitoba Firefighters Curling Provincial Championship. Pictured left to right, lead Paul Janssen (Stonewall-Rockwood Fire Dept.), second Aaron Goertzen (Clandeboyne Fire Dept.), third Calvin Croy (Clandeboyne Fire Dept. and Winnipeg Fire Paramedic Service), skip Tyler Croy (Clandeboyne Fire Dept.) Director Shayne Cormier was not pictured.

and always talked about trying to be a little bit more competitive, and this opportunity came up and we definitely clicked at the right time."

Raiders split weekend with win over St. Vital, loss to Charleswood

By Annaliese Meier

The Raiders Jr. Hockey Club picked up an important home-ice victory Friday before falling in a tight matchup two days later as they continued Manitoba Major Junior Hockey League action at Seven Oaks SportsPlex.

The Raiders opened the weekend with a 4-3 win over the St. Vital Jr. Victorias on Jan. 16, using a strong second period to build enough offence to hold on down the stretch.

Carter Andersson gave the Raiders a late first-period lead, scoring

with just 13 seconds remaining in the frame. After St. Vital briefly pulled even early in the second, the Raiders answered with goals from Aiden Cartty, Logan Bruneau on the power play, and Brennan Feschuk to take control of the game.

Goaltender Owen Savoie turned aside 40 of 43 shots to earn the win as the Raiders were outshot but capitalized on key chances.

The Raiders were back on the ice Sunday, hosting the Charleswood

Hawks, but came up just short in a 4-3 loss.

Charleswood jumped out to a 3-1 first-period lead before the Raiders clawed back in the third. Riley Kushnier and Cole Kennedy scored late to pull the Raiders within one, but the comeback bid fell short.

Savoie again saw heavy action in goal, making 24 saves in the loss.

Following the weekend split, the Raiders sit eighth in the league standings with a 12-16-2 record as they con-

tinue to battle for playoff positioning in the Manitoba Major Junior Hockey League.

UPCOMING GAMES

The Raiders return to Manitoba Major Junior Hockey League action on Thursday, Jan. 23, when they visit the Ft. Garry/Ft. Rouge Twins for a 7:30 p.m. start. The Raiders then return home on Saturday, Jan. 25, hosting the River East Royal Knights at Seven Oaks SportsPlex in a 2 p.m. matchup.

2025-2026

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VS Portage Terriers Fri, Jan 23rd 7:30 pm

VS Portage Terriers Fri, Feb 13rd 7:30 pm

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- VS Swan Valley, Friday, Jan 30 - 7:00 pm
- VS Swan Valley, Saturday, Jan 31 - 7:00 pm

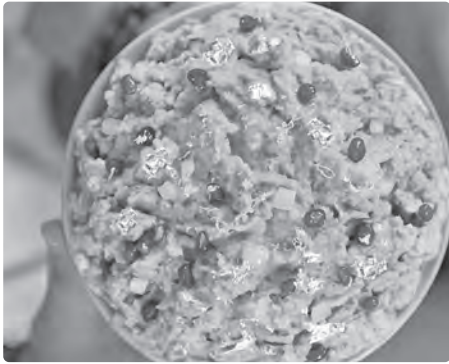
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> MEAL IDEAS



Recipe courtesy of Rob Riggle on behalf of Avocados From Mexico
4 Avocados From Mexico, halved, pitted and peeled
1 tablespoon lime juice
1 tablespoon onion, minced

RED RIVER CO-OP FOOD STORE

Good Luck Guac

3 tablespoons pomegranate seeds
1/4 teaspoon salt
1 pinch edible gold leaf flakes
In large bowl, mash avocados until chunky-smooth.
Fold in lime juice, onion, pomegranate seeds and salt until well combined.
Garnish with edible gold leaf flakes.



Pumpkin Mac n' Cheese

Prep time: 15 minutes
Cook time: 26 minutes
Servings: 10
1 1/2 pounds shell pasta
3 tablespoons unsalted butter
2 teaspoons minced garlic
1 tablespoon fresh chopped sage
4 ounces cream cheese, cubed
2 cans (15 ounces each) Green Giant 100% Pure Pumpkin
2 cups whole milk
2 1/2 cups freshly grated sharp cheddar cheese
2 1/2 cups freshly grated gruyere cheese
2 teaspoons Dijon mustard
1 teaspoon salt
1/4 teaspoon cracked black pepper
Cook pasta according to package directions. Drain pasta when al dente, about 8 minutes.

In large skillet or Dutch oven over medium heat, heat butter. Add garlic and sage; saute 1-2 minutes, until garlic is lightly browned. Add cream cheese and pumpkin. Heat until cream cheese is melted and stir to combine.

Gradually stir in milk, cheddar and gruyere. Stir in Dijon mustard, salt and pepper. Heat until cheese is melted and sauce is creamy, about 3 minutes.
Fold in cooked pasta.

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Susie Schwartz

By Susie Schwartz

This week, I am going to give you a self-advocacy gift — which is always my goal, but this one is extra special. The tip below is an excerpt from the second edition of my book, Help the Doctor Help You. And the tip?

Share with your doctor what matters to you most.

Not all priorities are the same between patients. Tell your doctor yours. If your priority is to get a good night's sleep rather than override moderate pain you can cope with during the day — especially if you have a demanding job that takes a lot of brain power — your doctor can focus on your sleep. This might make the difference in a medication choice.

Maybe you have young children and just can't handle the side effects of a new medication you were trying for anxiety. It slows you down, and you need the energy to wipe snotty noses and make school lunches after long days at work. Sharing this helps your doctor find a better medication fit, even if the new option is slightly less effective for anxiety. Knowing this, they may also suggest other

types of treatment, such as counseling, to help you manage.

Maybe you are nearing the end of life and your priority is quality of life rather than quantity. Again, honesty is key. Your doctor can help make a plan focused on symptom management rather than longevity.

I've struggled with multiple pain issues for years. Thanks to those pesky problems, I don't sleep well. Some nights I lie awake, tossing and turning in agony — and keeping Don awake as well.

Together with my doctor, we decided that since I can't tolerate pain medication without extreme side effects, they would prescribe a sleeping pill. This medication is typically used short-term, but because my pain worsens as I become more exhausted, they made an exception, even though there may be long-term consequences. I am comfortable with that because my quality of life is very important to me. (I'll add that I try to use it sparingly to minimize those long-term consequences.)

I believe my doctor allows this exception because they trust me to know my body, to not abuse medication, and because they want to see me thrive — thanks to the reciprocal care and respect we hold for each other.

So, if you want plenty of ideas and stories to help you or a loved one advocate for your health, Help the Doctor Help You: 41 Secrets and Tips for Self-Advocacy to Get the Best from Your Appointments is out now on Amazon.

Less health stress — yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @authorsusieschwartz and at www.lesshealthstress.com.



Pumpkin Chili

Prep time: 10 minutes
Cook time: 23 minutes
Servings: 4
2 tablespoons olive oil
1 green bell pepper, chopped
1 yellow onion, chopped
1 pound ground turkey
1 tablespoon chili powder
1 teaspoon smoked paprika
2 teaspoons cumin
1/2 teaspoon garlic powder

1 cup chicken broth
1 can (15 ounces) diced tomatoes
1 can (15 ounces) Green Giant 100% Pure Pumpkin
1 can (15 ounces) red kidney beans, drained and rinsed

In Dutch oven over medium heat, heat oil. Add bell pepper and onion. Saute 5 minutes.

Add ground turkey and separate with spatula. Cook 5 minutes, stirring occasionally. Stir in chili powder, paprika, cumin and garlic powder.

Add broth, tomatoes and pumpkin. Bring to boil and reduce heat to low. Simmer 10 minutes. Add kidney beans and simmer 3 minutes.

Ladle into bowls and serve hot.

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EMPLOYMENT OPPORTUNITY

Senior Election Official

Applications are being accepted for the position of Senior Election Official (SEO) for the R.M. of St. Andrews for the general municipal election on October 28, 2026.

The Senior Election Official (SEO) is responsible for the proper, impartial, and legislatively compliant administration of municipal elections, as defined under The Municipal Councils and School Boards Elections Act (Manitoba). The SEO serves as the primary contact for the election and oversees the process from initial planning, voter list preparation and receive nomination papers, through to vote counting, reporting, and post election duties.

This position requires exceptional independence, neutrality, attention to detail, and the ability to manage a complex, multi stage public process.

Duties will include: recruit and appointing other election officials as required; establishing and maintaining the voter's list; giving public notice of nominations; receiving and verifying the nominations; establishing and equipping the voting places; giving public notice of elections; printing the ballots; overseeing all aspects of the election on election day and all other duties as established as per the Act.

In the years when a regular election is not required, the SEO will be responsible to update and maintain the voter's list and to conduct by-elections, if required.

The successful applicant must have some election experience, strong management, communication and interpersonal skills. Computer experience would be a definite asset.

For a full list of details and remuneration please see the RM of St. Andrews website at www.rmofstandrews.com

The Letter of Interest from applicants should include education and experience and will be accepted until **February 16, 2026**.

Please send a Letter of Interest to:

Rural Municipality of St. Andrews
Att: Lisa McLean, Deputy CAO
Box 130, 500 Railway Avenue
Clandeboyne, MB R0C 0P0
dcao@rmofstandrews.com

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AGRICULTURAL CROWN LANDS are presently available for rent for cropping. These lands will be available for rent through an online auction. These lands are situated in the Rural Municipalities (RM) of: DALLAS/RED ROSE - NORTHERN AFFAIRS ACT, GILBERT PLAINS, KELSEY, MOUNTAIN & SPRINGFIELD. A complete listing of Agricultural Crown Lands available for rent can be found online at: https://www.manitoba.ca/central/Assets/resb/leases_and_permits/lpproprietie.s.html. The online auction will take place from February 23 - February 27, 2026, hosted by Garton's Auction Service: <https://gartonsauction.com>. For additional information, please contact your nearest Manitoba Agriculture (MA) Agricultural Crown Lands District Office (or via email at agcrownlands@gov.mb.ca) or call Real Estate Services Branch at 1-866-210 9589. A listing of MA Agricultural Crown Lands District Offices can be found online at: https://www.gov.mb.ca/agriculture/land-management/crown_land/agricultural-crown-lands-district-offices.html

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NOTICE OF PUBLIC HEARING

BY-LAW #4422 - CLOSING OF PUBLIC RESERVE

The Rural Municipality of St. Andrews hereby gives notice pursuant to Section 290 of The Municipal Act regarding a Public Hearing to receive public representation on a proposed by-law to close a public reserve.

An in-person Public Hearing

will be held at the Council Chambers,
500 Railway Avenue, Clandeboyne, MB.

Tuesday, February 10th, 2026 at 5:30 pm

On-line attendance will also be available via Zoom

The intent of the proposed By-Law is to close public reserve lands adjacent to Parkview Road and Parkview Place, legally described as: ALL PUBLIC RESERVE IN PLAN 11704 WLTO IN RL 18 TO 21 PARISH OF ST ANDREWS

A sketch identifying the Public Reserve to be closed is shown below:



The purpose of the hearing is to allow any interested person to make a representation, ask questions or register an objection on the matter. Submissions or requests to register for in-person and online attendance can be sent to the contact below.

Any information and documents concerning this matter and the procedures to be followed at the hearing are available for review during regular business hours Mon-Fri 9:00 AM to 4:30 PM at the RM of St. Andrews Office, 500 Railway Avenue, Clandeboyne, Manitoba, or by contacting:

Braeden Bennett, Planning & Economic Development Officer
RM of St. Andrews | 204-738-2264 ext. 113
braeden@rmofstandrews.com

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Selkirk Record

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Please submit resume to shaunne@charisons.ca or call 204-886-2922 for further information.

EMPLOYMENT OPPORTUNITY



The Gordon Howard Centre

The Place For Active Living

EXECUTIVE DIRECTOR (Selkirk Manitoba)

Welcome to a life full of energy, connection, and possibility! The Gordon Howard Active Living Centre is a vibrant non-profit community hub in downtown Selkirk, Manitoba serving adults in Selkirk, St. Andrews, and St. Clements. We're dedicated to supporting lifelong wellness—physically, mentally, and socially—and we're looking for an inspiring Executive Director to lead our team into exciting future.

About the Role

Reporting directly to the Board of Directors, the Executive Director provides strategic and operational leadership across five key areas:

- Board relations and governance
- Financial management and budgeting
- Staff and volunteer leadership
- Community and stakeholder relations
- Program and facility operations

Qualifications

- Post-secondary education in business, public administration, social science, recreation management, aging adults.
- Proficiency in Microsoft Excel including data entry, formula usage and analysis.
- Experience with the broader Microsoft 365 Environment, including Word, PowerPoint, OneDrive and SharePoint.
- Knowledge of issues affecting aging adults.
- Fundraising, marketing and public relations experience.
- Self-motivated and able to work independently.

Preferred

- 3+ years in the non-profit sector

Conditions of Employment

A Satisfactory Criminal Record Check with Vulnerable Sector Search as well as a Satisfactory Adult Abuse Registry Check must be provided.

Apply by January 30, 2026

A full job description is available at www.gordonhoward.ca

Email your résumé or inquiries to: director@gordonhoward.ca

Gordon Howard thanks all applicants for their interest, however only those selected for an interview will be contacted.



NOTICE OF APPLICATION CITY OF SELKIRK REVISED WATER AND WASTEWATER RATES SELKIRK WATER AND WASTEWATER UTILITY

January 5, 2026

The City of Selkirk (City) has applied to the Public Utilities Board (Board) for revised water and wastewater rates for Selkirk Water and Wastewater Utility (Utility) as set out in By-law No. 5395, read the first time on September 8, 2025. Rates were last approved in 2023 in Board Order No. 95/23, with current rates coming into effect October 1, 2023.

The current and proposed rates are as follows:

	Current Rates*	Year 1	Year 2	Year 3
Water (\$/cubic meter)	\$ 2.59	\$ 2.71	\$ 2.84	\$ 2.97
Wastewater (\$/cubic meter)	\$ 3.26	\$ 3.49	\$ 3.73	\$ 3.99
Quarterly Service Charge	\$ 29.28	\$ 31.72	\$ 34.32	\$ 37.03
Minimum Quarterly Charge**	\$ 111.18	\$ 118.52	\$ 126.30	\$ 134.47
Min. Quarterly - Water Only**	\$ 65.54	\$ 69.66	\$ 74.08	\$ 78.61
Min. Quarterly - Wastewater Only**	\$ 74.92	\$ 80.58	\$ 86.54	\$ 92.89
Bulk Water (\$/cubic meter)	\$ 2.98	\$ 4.00	\$ 4.00	\$ 4.00
Sewage Receiving Rates				
Administration Fee (per quarter)	\$ 29.28	\$ 31.72	\$ 34.32	\$ 37.03
Volume Dumping (\$/cubic meter)	\$ 15.79	\$ 16.90	\$ 18.06	\$ 19.32
BOD Surcharge (\$/kilogram)	\$ 0.54	\$ 0.58	\$ 0.62	\$ 0.66
SS Surcharge (\$/kilogram)	\$ 0.26	\$ 0.28	\$ 0.30	\$ 0.32
Untested Dumping (\$/cubic meter)	\$ 27.26	\$ 29.18	\$ 31.19	\$ 33.36
New Connections	\$ 25.00	\$ 50.00	\$ 50.00	\$ 50.00
Reconnection Fee	\$ 25.00	\$ 50.00	\$ 50.00	\$ 50.00
Meter Testing	\$ 50.00	\$ 100.00	\$ 100.00	\$ 100.00
Hydrant rental	\$ 110.00	\$ 250.00	\$ 250.00	\$ 250.00

* Current charges are found in Bylaw 5379 (95/23)

** Based on 14 cubic meters

Details of the City's application are available for review at the Municipal office or the Public Utilities Board's office. Any questions concerning the application for revised rates, or the operation of the Utility, should be sent directly to the City.

If you have concerns/comments regarding the City of Selkirk's application for water and wastewater, rates please go to www.pubmanitoba.ca and provide your comment. Please note all comments will be forwarded to the City.

Questions or comments should be sent on or before February 19, 2026.

The Public Utilities Board is the provincial regulatory agency that reviews and approves rates for water and wastewater utilities in Manitoba, with the exception of the City of Winnipeg. The Board's review process involves:

- the Utility filing a rate application to the Board,
- a public notification of proposed rate changes,
- the Board's review of the application through a public hearing or paper review process, and
- the issuance of an Order which outlines the Board's decision on the rate application and the rates to be charged.

The Manitoba Ombudsman has privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result, personal information protections are reduced.

The Board will then decide whether any further notice is required and whether to proceed with a public hearing or paper review process. All concerns received by the Board will be considered in the Board's decision on rates to be charged.

PLEASE BE ADVISED THAT IN CONSIDERING THIS APPLICATION, THE PUBLIC UTILITIES BOARD MAY OR MAY NOT FIND IT NECESSARY TO DETERMINE RATES DIFFERENT FROM THOSE APPLIED FOR BY THE APPLICANT.

Note: All proceedings will be conducted in accordance with the Board's Rules of Practice and Procedure, which the Board may vary in order to constrain regulatory costs. The Rules are available at www.pubmanitoba.ca.

J. Dubois

Jennifer Dubois, CPA, CMA, CTAJ
Associate Secretary
Manitoba Public Utilities Board

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SelkirkRecord

ANNOUNCEMENT

IN MEMORIAM



Laura Lyn Fox
January 22, 2019

You left us beautiful memories,
Your love is still our guide;
Though we cannot see you,
You're always at our side.

-Love your husband John,
Cody and Carson, Veronica,
and Bryan,
and all your loving family and friends

ANNOUNCEMENT

IN MEMORIAM



Eddie Kowalchuk
January 27, 2023

You are forever missed and
thought of every day.

-Loved always,
Vera, Susie and Frank,
Courtney, Jeff,
Payden, Presley and Parker

OBITUARY



Bryan Wuzinski

It is with much love and deep sorrow, that we mourn the passing of Bryan Wuzinski on October 9, 2025 in Vernon, British Columbia, at the age of 76 years.

He will be lovingly remembered by his long-time partner, Lin, his ex-wife, Connie, and his children, Sterling (Jen) and Cyndi (Raf); grandchildren Cassidy, Kierra, Julian, and Trelane; sisters: Pat, Loretta, Betty, Melvina, Sheila and brother Terry; along with other relatives and friends.

Bryan lived life to its fullest; flying his Cessna 170, fishing in the Arctic, stock car racing and ice racing with Team Haywire in Fort McMurray. Bryan was hired at the Calgary Elks Lodge & Golf Club as the oldest professional golfer in the P.G.A. of Alberta, went on to Priddis G&CC as a teaching pro, and managed Wintergreen G&CC. He was talented working with machines, and building things, including a "1948 Panhead" Harley, and two beautiful homes in Bragg Creek, Alberta and Wynndel, British Columbia. He loved to laugh, watch sports and make bad wine. He was a kind-hearted man who loved to tell stories, and then very competitive when curling or racing. He loved to spend time outdoors, hunting and fishing, and was satisfied eating what he caught, and was very proud of the drum he made from a deer hide.

He was dedicated to donating blood for the Canadian Blood Services and loved volunteering at the Roots and Blues Festival in Salmon Arm and the Vernon Folk-roots Music Society.

A Celebration of Life will be held in June in Selkirk, Manitoba, where he was born and raised.

Memorial donations may be made in the name of Bryan Wuzinski to the Okanagan Humane Society, PO Box 29110 OKM, Kelowna, BC. V1W 4A7. Registered Charity #8888 17269 RR 0001. <https://okanaganhumanesociety.com/donate/>, or donate blood, or play a tune on the guitar or banjo for him.

ANNOUNCEMENT

IN MEMORIAM



In Loving Memory of our twin sons
Kevin Andrew Mayo
January 7, 1968 - December 5, 2022

James Ian Mayo
January 7, 1968 - January 8, 1968

So let the tears fall when they come
Let the laughter rise when memories bring warmth
Let grief and joy coexist
For they are not opposites
They are just love in different forms
Loving you always, now in God's care.

-Mom/Mummy, Kyle, Doreen, Leanne,
Caitlin, Paige and family

ANNOUNCEMENT

IN MEMORIAM



Jake Gerald Niebel
January 29, 2024

Another year has passed
Your name will always come up
We'll learn to deal with you being gone,
But can never accept it.
Thinking of you - me and your fellow
colleagues
Good luck up there

-Your dad
Doug

Your memory will live forever
Engraved within our hearts.

OBITUARY

Arlene Bowman

Arlene passed away peacefully at home on December 29th, 2025.

She leaves behind her husband of 54 years, George, as well as her four children Tom (Row), Kerri (Roger), Glynis (Allan) and Karen. She was "Amma" to 19 people when you include all our children combined and a great-grandmother to 11.

She also leaves behind her special friends and neighbours Lisa and Darin. Her sister Christine is the last remaining sibling of her family.

Arlene was predeceased by her parents Beggi and Margaret, brothers Harold and Brian and grandchildren Stephanie and Tyson.

Before poor health affected her daily life, Mom enjoyed travelling to see family in other provinces and keeping a huge garden that included crops of sweet pea flowers and Gladiolus. She and Dad spent summers in Gimli after they retired and enjoyed the time they spent there, turning their summer retreat into the perfect place to relax.

Mom "stayed home" while her children were young but returned to her past occupation of health care when we were young teenagers. She worked as a health care aide at Betel Home in Selkirk for over a decade. Mom enjoyed the residents she cared for and the staff she worked with. She remained fluent in her native language Icelandic and was very proud to be able to translate for anyone that needed her services.

Cremation has taken place and a private family service will happen in the spring.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.

There is a link death cannot sever,
Love and remembrance last forever.

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OBITUARY



Garry John Urbanovitch

Garry John Urbanovitch, age 60, of East Selkirk, Manitoba, passed away on January 14, 2026.

Garry was a good man - stubborn in the way that meant he knew who he was, hardworking in everything he did, and deeply caring in ways that didn't always need words. He lived life on his own terms and stood by the people he loved with quiet dedication.

He was a devoted husband, father, grandfather, brother, and friend. Family mattered to Garry, and he showed that through action - by fixing, building, showing up, and doing what needed to be done.

Garry had a fondness for the simple pleasures in life: a cold Labatt Blue, long Harley rides, backyard engineering projects, and tackling yard work for his wife - often with his own unique solutions.

He was happiest with his hands busy and a project underway. He also deeply loved his dog, Piper, who was a constant companion and brought him comfort and more joy than he'd probably admit.

He is lovingly remembered by his wife, Louise LeGras; his sons Cole (Sarah) and Landace; his cherished grandchild Avery; and his stepchildren Jenn, Sam, Matt, and Arielle. He is also survived by his sisters Debbie (Mike), Diane (Pat), and Mary, along with extended family and friends.

Garry was predeceased by his brother Wayne, his parents Joyce and John, and his nephew Blair.

A service to honor Garry's life will be held on Friday, January 23rd at 1:00 p.m. in the Gilbert Funeral Chapel.

Garry will be remembered for his strength, his loyalty, his stubborn determination, and the steady presence he was to those who knew and loved him. He will be deeply missed.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Gail Eden Kelly

April 20, 1938 – November 8, 2025

Gail passed away peacefully at Middlechurch Home of Winnipeg at the age of 87.

Gail was predeceased by her beloved husband, Jack Kelly, with whom she shared 57 wonderful years of marriage; her parents, Thomas and Marjorie Pyper; her brother, David Pyper (Bev); and her siblings-in-law, Jean (Ivor), Barney (Helen), and Jim (Betty), as well as her parents-in-law, Mike and Betty Kelly.

She is survived by her brother, Bob Pyper (Elaine), and many nieces and nephews.

Gail lived a full life, and those who knew her will remember her as kind, with a warm smile and a ready sense of humour. She had an extraordinary memory for the important details of life, never forgetting a birthday, anniversary, or milestone of those she loved.

Passionate about sports, she was an avid and accomplished curler in her younger years. Gail enjoyed a long and successful career at CIBC, taking pride in her work and in helping people with their finances.

Gail was also an active member of her community, participating at the Selkirk Legion and other local organizations, always willing to lend a hand and support those around her.

A natural host, Gail loved entertaining and opening her home to friends and family. She and her beloved husband Jack shared many joyful evenings hosting card games and gatherings. Meticulous in all she did, she maintained a beautiful home and garden that reflected her care and attention. Together, Gail and Jack spent many happy summers RVing across North America as members of the Good Sam Club, creating lasting memories and friendships along the way.

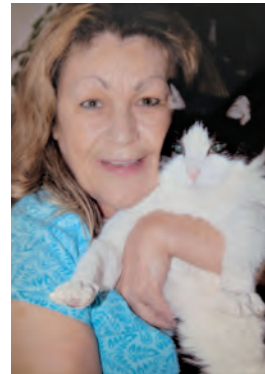
Gail was laid to rest alongside her late husband Jack in a private family service.

Gail will be fondly remembered for the joy and warmth she brought to those around her.

Friends and family are invited to visit Gail's memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to: **Interlake Cremation & Memorial Services**
204.482.1040

OBITUARY



Diane Irene Marie Morley

September 28, 1955 – January 6, 2026

A life built with love, steady hands, and a mother's heart.

Diane Irene Morley was born on September 28, 1955 in Ste-Anne, Manitoba. She grew up surrounded by a big family and carried a deep love for her brothers and sisters throughout her life. She was a cabinetmaker by trade; a true craftsman who loved working with her hands. She took real pride in what she made, and her home is full of proof: the furniture she built, the cabinets she shaped, and the practical beauty she left behind in wood, measure, and finish.

She loved nature and had a soft spot for animals of all kinds. The world outside mattered to her - the quiet, the living things, the simple peace of nature. She also loved gardening, and she had a true green thumb. Her plants and the gardens around the house were always immaculate and coming over to see them, smelling

her yard was always such a treat.

But above everything else, Diane was a mother. That was her truest role, and she never stopped doing that role, not for a day, and not even at the very end.

She was also a grandmother to three grandchildren; two boys and one girl who she loved deeply and proudly.

This notebook is here to hold the pieces of Diane's story: the memories, the moments, the things she built, and the things she taught by example.

Friends and family are invited to visit Diane's memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to: **Interlake Cremation & Memorial Services**
204.482.1040

OBITUARY



Mabelle Elizabeth Gawne (Chamberlain)

June 1, 1923 - December 31, 2025

Peacefully on December 31st, Mabelle Elizabeth Gawne (Chamberlain) died at her suite at Rock Lake PCH Pilot Mound, MB at the age of 102.

She was born June 1, 1923 and was the last of her generation of 11 children of Edward and Annie Chamberlain who operated a dairy farm in Rosedale, MB. She and her sister Lucy grew up in the house of her mother's brother, Arthur Mitchell, and married James Gawne in 1943 after he graduated from pharmacy and then they went off as Jim served in the army until war's end. They returned to Winnipeg and raised four children, Joan, Jim, Tom and David. In 1961 Jim bought Gibbs Drugs store in Selkirk. Mother raised and cared for her disabled daughter Joan all of her life and had to as well care for Jim after his debilitating stroke in 1969. A heavy

burden, but never did complain or give up. She would move out to Langley, BC in 1990 to support her eldest son Jim and resided there until her hip broke and she returned to Manitoba to stay with her sister Lucy at Prairie View Lodge in Pilot Mound. She was constantly active throughout her life and enjoyed yard work and of course her dogs.

She was predeceased by her husband Jim and daughter Joan, and is survived by her two remaining sons, six grandchildren and six great-grandchildren.

Interment will take place at St. Andrews-on-the-Red at a date to be determined.

OBITUARY



Brian Arthur Harris

January 12, 1936 – January 18, 2026

Brian Arthur Harris, age 90 years, passed away peacefully in his Selkirk home surrounded by his family.

He is survived by his loving wife of 68 years, Deanna (nee Chapman); his three children Mike (Cindy), Wendy (Steve), Chris (Brenda); son-in-law Kym Terry (Nicki); eight grandchildren Justin Harris (Kim), Mandy Packota (Trevor), Tory Harris (Briane), Colin Harris (Melissa), Melissa Andrade (Rob), Jillian Harris (Erik), Andrew Harris (Nicole) and Catherine Golden (Tyler); 14 great-grandchildren plus one more due to arrive in February; his brother in England, Les Harris (Audrey); and many nieces and nephews, in both England and Canada.

Brian served in the RAF and was proud of his service! He was a devoted family man who wanted the best for them. He was always a hard worker. He built two houses in England before immigrating to Canada in 1978, where he built his family one last home. He loved spending time with family and enjoyed many happy summers at their backyard pool. He retired in 2000 with Deanna and then spent many years travelling, meeting many people who became friends.

The family extends their heartfelt gratitude to Dr. Clarke and nurse Heidi from Palliative Care, and all the Homecare staff who compassionately cared for Brian over these past months.

Flowers gratefully declined. As tokens of sympathy, donations may be made to the Cerebral Palsy Association of Manitoba in support of Owen's Heroes.

Brian leaves behind a legacy built on hard work and service, integrity, family and friendship, and love. His absence will be deeply felt.

A Celebration of Life will be held at Clandeboye Hall on Thursday, January 29, 2026 at 1:30 p.m.

Friends and family are invited to visit Brian's memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to: **Interlake Cremation & Memorial Services**
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Our 2025 results are in:

\$52+
MILLION

TOTAL SOLD
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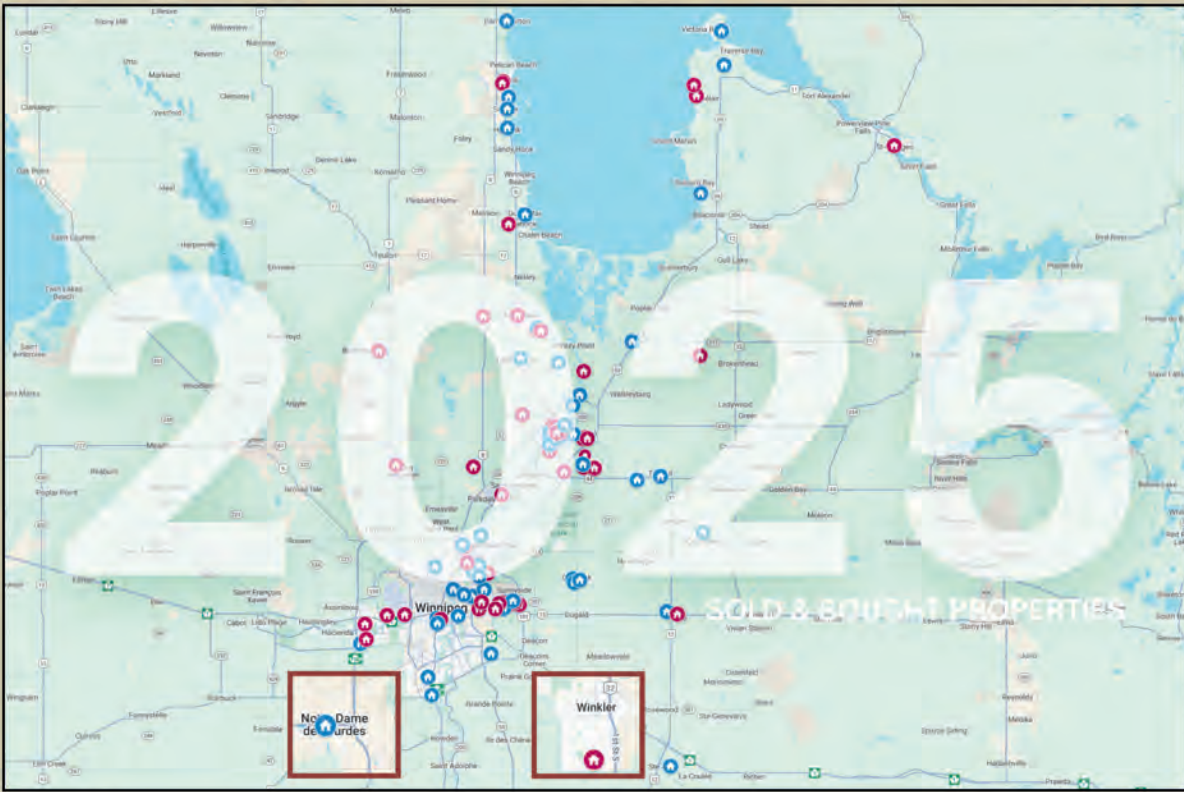
146
DEALS



TOTAL CLIENT
TRANSACTIONS

What an amazing year 2025 turned out to be! With our guidance, our wonderful clients completed **146** deals worth a total of **\$52,450,213.69** in sold real estate volume.

As you can see in the map, *our business knows no boundaries!* We love helping Sellers & Buyers in Selkirk, the Interlake, Winnipeg, & all surrounding areas.

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<div>JUST LISTED!!!</div> <div></div> <div>CONTACT US TODAY TO SELL YOUR HOME! 204.202.1922</div>	<div>½ ACRE LOT!</div> <div></div> <div>403 Dunara Ave Petersfield \$299,900</div>	<div>TREED LOT!</div> <div></div> <div>16 Greening Ave Libau \$49,900</div>	<div>37X108 BUILDING LOT</div> <div></div> <div>1051 Vaughan Ave Selkirk \$139,900</div>	<div>5 ACRES, TREED!</div> <div></div> <div>0 Hall Road Petersfield \$149,900</div>	<div>BUILD IN PETERSFIELD</div> <div></div> <div>201 Dunara Ave Petersfield \$69,900</div>	<div>3 BEDRM, 1 BATH!</div> <div></div> <div>939 Selkirk Avenue Winnipeg \$155,900</div>	<div>≈ 151.72 ACRES!</div> <div></div> <div>0 Bay Road St Andrews \$1,200,000</div>
<div>2.19 ACRES, TREED!</div> <div></div> <div>2 Fuller Road East Selkirk \$109,900</div>	<div>2.2 ACRES, TREED!</div> <div></div> <div>6 Fuller Road East Selkirk \$109,900</div>	<div>2.2 ACRES, TREED!</div> <div></div> <div>7 Fuller Road East Selkirk \$109,900</div>	<div>2.2 ACRES, TREED!</div> <div></div> <div>9 Fuller Road East Selkirk \$109,900</div>	<div>132' X 500' LOT!</div> <div></div> <div>78012 St Peters Road East Selkirk \$249,900</div>	<div>LAKEFRONT!</div> <div></div> <div>2 Keith Crescent Belair \$980,000</div>	<div>GOLF COURSE!</div> <div></div> <div>180 Cook Avenue Gimli \$299,900</div>	<div>JUST SOLD!!!</div> <div><div><div>YOUR HOME HERE</div></div><div>CONTACT US TODAY TO SELL YOUR HOME! 204.202.1922</div></div>

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